Horario
de actividades dirigidas

Centro — Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CYCLING VIRTUAL 07:30 - 08:15 - CYC		
08:00	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	B.PUMP 09:30 - 10:20 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:20 - ST1	B.BALANCE 09:30 - 10:20 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC PILATES 09:30 - 10:20 - ST1 ZUMBA 09:30 - 10:20 - ST2	B.BALANCE 09:30 - 10:20 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.PUMP 09:30 - 10:20 - ST2 CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
10:00	CYCLING 10:30 - 11:15 - CYC YOGA 10:30 - 11:20 - ST2	CYCLING VIRTUAL 10:30 - 11:15 - CYC MANTENTE EN FORMA 10:30 - 11:20 - ST2	CYCLING 10:30 - 11:15 - CYC YOGA 10:30 - 11:20 - ST2	CYCLING VIRTUAL 10:30 - 11:15 - CYC MANTENTE EN FORMA 10:30 - 11:20 - ST2	CYCLING 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC ZUMBA 11:30 - 12:20 - ST2	B.COMBAT 11:30 - 12:20 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:20 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.COMBAT 11:30 - 12:20 - ST2 CYCLING VIRTUAL 11:30 - 12:10 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC ZUMBA 11:30 - 12:20 - ST2	B.PUMP 11:30 - 12:20 - ST2 CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC
12:00	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC ZUMBA 12:30 - 13:20 - ST2	CYCLING VIRTUAL 12:30 - 13:15 - CYC
13:00	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	
14:00	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
15:00	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	
16:00	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	
17:00	CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC FUNCTIONAL 17:30 - 17:55 - FUN	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
18:00	B.COMBAT 18:00 - 18:50 - ST2 TEAKWONDO KIDS 18:00 - 18:50 - ST1 CYCLING VIRTUAL 18:30 - 19:15 - CYC	DANCE KIDS 18:00 - 18:50 - ST1 ZUMBA 18:00 - 18:50 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	MANTENTE EN FORMA 18:00 - 18:50 - ST2 TEAKWONDO KIDS 18:00 - 18:50 - ST1	DANCE KIDS 18:00 - 18:50 - ST1 ZUMBA 18:00 - 18:50 - ST2 CYCLING VIRTUAL 18:30 - 19:15 - CYC	B.PUMP 18:00 - 18:50 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	GAP 19:00 - 19:25 - ST1 ZUMBA 19:00 - 19:50 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC ESPALDA SANA 19:30 - 19:55 - ST1	CROSSTRAINING 19:00 - 19:50 - Outdoor PILATES 19:00 - 19:50 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC	CYCLING 19:00 - 19:45 - CYC ZUMBA 19:00 - 19:50 - ST2	CROSSTRAINING 19:00 - 19:50 - Outdoor PILATES 19:00 - 19:50 - ST2 CYCLING VIRTUAL 19:30 - 20:15 - CYC	CYCLING 19:00 - 19:45 - CYC		
20:00	B.BALANCE 20:00 - 20:50 - ST1 B.PUMP 20:00 - 20:50 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC	ABDOMINALES 20:00 - 20:25 - CYC B.COMBAT 20:00 - 20:50 - ST2 CYCLING 20:30 - 21:15 - CYC	B.PUMP 20:00 - 20:50 - ST2 CYCLING VIRTUAL 20:30 - 21:15 - CYC	B.COMBAT 20:00 - 20:50 - ST2 YOGA 20:00 - 20:50 - ST1 CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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Horario
de actividades dirigidas

Centro

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
21:00	CORE 21:00 - 21:25 - ST2						

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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