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	ESPALDA SANA 09:00 - 09:25 - Estudio Principal CYCLING 09:30 - 10:15 - CYC CYCLING VIRTUAL 09:30 - 10:15 - CYC ZUMBA 09:30 - 10:15 - Estudio Principal	ESPALDA SANA 09:00 - 09:25 - Estudio Principal CYCLING VIRTUAL 09:30 - 10:15 - CYC FUNCTIONAL 09:30 - 10:15 - CYC	ESPALDA SANA 09:00 - 09:25 - Estudio Principal B.COMBAT 09:30 - 10:15 - Estudio Principal CYCLING VIRTUAL 09:30 - 10:15 - CYC	ESPALDA SANA 09:00 - 09:25 - Estudio Principal CYCLING VIRTUAL 09:30 - 10:15 - CYC FUNCTIONAL 09:30 - 10:15 - CYC	ESPALDA SANA 09:00 - 09:30 - Estudio Principal CYCLING 09:30 - 10:15 - CYC ZUMBA 09:30 - 10:15 - Estudio Principal	CYCLING VIRTUAL 09:30 - 10:15 - CYC	
10:00	B.PUMP 10:30 - 11:15 - Estudio Principal CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC PILATES 10:30 - 11:15 - Estudio Principal	B.PUMP 10:30 - 11:15 - Estudio Principal CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC PILATES 10:30 - 11:15 - Estudio Principal	B.PUMP 10:30 - 11:15 - Estudio Principal CYCLING VIRTUAL 10:30 - 11:15 - CYC	B.PUMP 10:30 - 11:15 - Estudio Principal CYCLING VIRTUAL 10:30 - 11:15 - CYC	
11:00	ABDOMINALES 11:30 - 11:45 - Estudio Principal CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:30 - 11:45 - Estudio Principal CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:30 - 11:45 - Estudio Principal CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:30 - 11:45 - Estudio Principal CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:30 - 11:45 - Estudio Principal CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING 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	
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	B.PUMP 14:30 - 15:15 - CYC CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING 14:30 - 15:15 - CYC CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING 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 17:15 - 18:00 - CYC	CYCLING VIRTUAL 17:15 - 18:00 - CYC	CYCLING VIRTUAL 17:15 - 18:00 - CYC	CYCLING VIRTUAL 17:15 - 18:00 - CYC	CYCLING VIRTUAL 17:15 - 18:00 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
18:00	CYCLING VIRTUAL 18:00 - 18:45 - CYC PILATES 18:00 - 18:45 - Estudio Principal	CYCLING VIRTUAL 18:00 - 18:45 - CYC YOGA 18:00 - 18:45 - Estudio Principal	B.BALANCE 18:00 - 18:45 - Estudio Principal CYCLING VIRTUAL 18:00 - 18:45 - CYC	CYCLING VIRTUAL 18:00 - 18:45 - CYC YOGA 18:00 - 18:45 - Estudio Principal	CYCLING VIRTUAL 18:00 - 18:45 - CYC ZUMBA 18:00 - 18:45 - Estudio Principal	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
19:00	CYCLING 19:00 - 19:45 - CYC ZUMBA 19:00 - 19:45 - Estudio Principal	B.PUMP 19:00 - 19:45 - Estudio Principal CYCLING 19:00 - 19:45 - CYC FUNCTIONAL 19:00 - 19:45 - BOX ABDOMINALES 19:45 - 20:00 - BOX	B.PUMP 19:00 - 19:45 - Estudio Principal CYCLING 19:00 - 19:45 - CYC	B.COMBAT 19:00 - 19:45 - Estudio Principal CYCLING 19:00 - 19:45 - CYC FUNCTIONAL 19:00 - 19:45 - BOX ABDOMINALES 19:45 - 20:00 - BOX	B.PUMP 19:00 - 19:45 - Estudio Principal CYCLING VIRTUAL 19:00 - 19:45 - CYC		
20:00	B.PUMP 20:00 - 20:45 - Estudio Principal CYCLING VIRTUAL 20:00 - 20:45 - CYC	B.COMBAT 20:00 - 20:45 - Estudio Principal CYCLING 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - Estudio Principal ZUMBA 20:00 - 20:45 - Estudio Principal	B.PUMP 20:00 - 20:45 - Estudio Principal CYCLING 20:00 - 20:45 - CYC CYCLING VIRTUAL 20:00 - 20:45 - CYC	CYCLING 20:00 - 20:45 - CYC		
21:00	CYCLING 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC	CYCLING 21:00 - 21:45 - CYC	CYCLING VIRTUAL 21:00 - 21:45 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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