

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CYCLING VIRTUAL 07:00 - 07:45 - CYC		CYCLING VIRTUAL 07:00 - 07:45 - CYC		CYCLING VIRTUAL 07:00 - 07:45 - CYC		
08:00	ABDOMINALES 08:30 - 08:55 - ST1	YOGA 08:30 - 09:25 - ST2	ESPALDA SANA 08:30 - 09:25 - ST2	PILATES 08:30 - 09:20 - ST2	QUEENAX 08:30 - 09:00 - FUN		
09:00	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC	CYCLING 09:30 - 10:15 - CYC	ABDOMINALES 09:00 - 09:25 - ST1	CYCLING 09:30 - 10:15 - CYC		
	PILATES 09:30 - 10:20 - ST2	TRX 09:30 - 10:00 - FUN	TONE 09:30 - 10:00 - ST2	CYCLING 09:30 - 10:15 - CYC			
	STEP FUNCIONAL 09:30 - 10:00 - ST1			STEP FUNCIONAL 09:30 - 10:00 - ST2			
10:00	ABDOMINALES 10:00 - 10:25 - ST1	GLUTEBOOM 10:00 - 10:30 - ST2	ABDOMINALES 10:00 - 10:25 - ST2	TRX 10:00 - 10:30 - FUN	B.COMBAT 10:30 - 11:20 - ST2	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:10 - CYC
	B.COMBAT 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST2	B.COMBAT 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST2	CYCLING VIRTUAL 10:30 - 11:10 - CYC		
	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC			
		ESTIRAMIENTOS 10:30 - 11:25 - ST1					
11:00	DANCE 11:30 - 12:25 - ST1	DANCE 11:30 - 12:25 - ST1				B.PUMP 11:30 - 12:20 - ST2	
12:00		CYCLING VIRTUAL 12:30 - 13:15 - CYC		CYCLING VIRTUAL 12:30 - 13:15 - CYC			
14:00	CROSSTRaining 14:30 - 15:20 - ST2	CYCLING 14:30 - 15:15 - CYC	ABDOMINALES 14:30 - 14:55 - ST1	CYCLING VIRTUAL 14:30 - 15:15 - CYC	ABDOMINALES 14:30 - 14:55 - ST1		
	CYCLING VIRTUAL 14:30 - 15:15 - CYC		CYCLING VIRTUAL 14:30 - 15:15 - CYC	QUEENAX 14:30 - 15:00 - FUN	CYCLING VIRTUAL 14:30 - 15:15 - CYC		
17:00	PILATES 17:00 - 17:50 - ST2	B.PUMP 17:00 - 17:50 - ST2	CYCLING VIRTUAL 17:30 - 18:15 - CYC	ABDOMINALES 17:00 - 17:25 - ST1	CYCLING VIRTUAL 17:30 - 18:15 - CYC		
	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC		CYCLING 17:30 - 18:15 - CYC			
18:00	ABDOMINALES 18:00 - 18:25 - ST2	ABDOMINALES 18:00 - 18:25 - ST1	ZUMBA 18:00 - 18:50 - ST1	B.PUMP 18:00 - 18:50 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC		
	CYCLING 18:30 - 19:15 - CYC	YOGA 18:00 - 18:50 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	YOGA 18:00 - 18:50 - ST1			
	GLUTEBOOM 18:30 - 19:00 - ST2	CYCLING 18:30 - 19:15 - CYC	QUEENAX 18:30 - 19:00 - FUN	CYCLING VIRTUAL 18:30 - 19:15 - CYC			
				QUEENAX 18:30 - 19:00 - FUN			
19:00	CROSSTRaining 19:00 - 19:55 - ST2	CYCLING VIRTUAL 19:30 - 20:15 - CYC	ABDOMINALES 19:00 - 19:30 - ST1	GAP 19:00 - 19:55 - ST1	B.PUMP 19:00 - 19:50 - ST2		
	ZUMBA 19:00 - 19:50 - ST1	TRX 19:30 - 20:00 - FUN	PILATES 19:00 - 19:50 - ST2	CYCLING 19:30 - 20:15 - CYC			
	CYCLING 19:30 - 20:15 - CYC		CYCLING 19:30 - 20:15 - CYC	TRX 19:30 - 20:00 - FUN			
20:00	B.PUMP 20:00 - 20:50 - ST2	ESTIRAMIENTOS 20:00 - 20:30 - ST1	B.PUMP 20:00 - 20:50 - ST2	B.COMBAT 20:00 - 20:50 - ST2	CYCLING 20:00 - 20:45 - CYC		
	ABDOMINALES 20:30 - 20:55 - ST1	STEP FUNCIONAL 20:00 - 20:50 - ST2	GLUTEBOOM 20:00 - 20:30 - ST1	ABDOMINALES 20:30 - 20:55 - ST1			
	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:15 - CYC	CYCLING 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC			
21:00	TRX 21:00 - 21:30 - FUN	QUEENAX 21:30 - 22:00 - FUN	ABDOMINALES 21:00 - 21:25 - ST2				
			TRX 21:30 - 22:00 - FUN				

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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