

# Horario de actividades dirigidas

Centro

Horario Completo



| HORA  | LUNES                                  | MARTES                                                                         | MIÉRCOLES                                   | JUEVES                                                                         | VIERNES                                | SÁBADO                                 | DOMINGO                                |
|-------|----------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|
| 07:00 | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC                                         | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC      | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC                                         | CYCLING VIRTUAL<br>07:30 - 08:15 - CYC |                                        |                                        |
| 08:00 | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC                                         | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC      | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC                                         | CYCLING VIRTUAL<br>08:30 - 09:15 - CYC |                                        |                                        |
| 09:00 | B.PUMP<br>09:30 - 10:20 - ST2          | CYCLING<br>09:30 - 10:15 - CYC                                                 | B.PUMP<br>09:30 - 10:20 - ST2               | CYCLING<br>09:30 - 10:15 - CYC                                                 | B.PUMP<br>09:30 - 10:20 - ST2          | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC |
|       | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC | ZUMBA<br>09:30 - 10:20 - ST2                                                   | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC      | ZUMBA<br>09:30 - 10:20 - ST2                                                   | CYCLING VIRTUAL<br>09:30 - 10:15 - CYC |                                        |                                        |
|       | YOGA<br>09:30 - 10:20 - ST1            |                                                                                | YOGA<br>09:30 - 10:20 - ST1                 |                                                                                |                                        |                                        |                                        |
| 10:00 | CYCLING<br>10:30 - 11:15 - CYC         | B.BALANCE<br>10:30 - 11:20 - ST1                                               | CYCLING VIRTUAL<br>10:20 - 11:05 - CYC      | B.BALANCE<br>10:30 - 11:20 - ST1                                               | CYCLING<br>10:30 - 11:15 - CYC         | CYCLING<br>10:30 - 11:15 - CYC         | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC |
|       | PILATES<br>10:30 - 11:20 - ST2         | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC                                         | PILATES<br>10:30 - 11:20 - ST2              | CYCLING VIRTUAL<br>10:30 - 11:15 - CYC                                         |                                        |                                        |                                        |
| 11:00 | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | MANTENTE EN<br>10:30 - 11:20 - ST2<br>FORMA<br>B.COMBAT<br>11:30 - 12:20 - ST2 | CROSSTRAINING<br>11:30 - 12:20 - Outdoor    | MANTENTE EN<br>10:30 - 11:20 - ST2<br>FORMA<br>B.COMBAT<br>11:30 - 12:20 - ST2 | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC | B.PUMP<br>11:30 - 12:20 - ST2          | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC |
|       | ZUMBA<br>11:30 - 12:20 - ST2           | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC                                         | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC      | CYCLING VIRTUAL<br>11:30 - 12:10 - CYC                                         | ZUMBA<br>11:30 - 12:20 - ST2           | CYCLING VIRTUAL<br>11:30 - 12:15 - CYC |                                        |
| 12:00 | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC                                         | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC      | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC                                         | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC | CYCLING VIRTUAL<br>12:30 - 13:15 - CYC |
| 13:00 | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC                                         | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC      | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC                                         | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC | CYCLING VIRTUAL<br>13:30 - 14:15 - CYC |                                        |
| 14:00 | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC                                         | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC      | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC                                         | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC | CYCLING VIRTUAL<br>14:30 - 15:15 - CYC |                                        |
| 15:00 | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC                                         | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC      | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC                                         | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC | CYCLING VIRTUAL<br>15:30 - 16:15 - CYC |                                        |
| 16:00 | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC                                         | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC      | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC                                         | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC | CYCLING VIRTUAL<br>16:30 - 17:15 - CYC |                                        |
| 17:00 | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC                                         | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC      | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC                                         | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC | CYCLING VIRTUAL<br>17:30 - 18:15 - CYC |                                        |
| 18:00 | B.COMBAT<br>18:00 - 18:50 - ST2        | DANCE KIDS<br>18:00 - 18:50 - ST1                                              | FUNCTIONAL<br>18:00 - 18:25 - FUN           | DANCE KIDS<br>18:00 - 18:50 - ST1                                              | B.PUMP<br>18:00 - 18:50 - ST2          | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC |                                        |
|       | FUNCTIONAL<br>18:00 - 18:25 - FUN      | GAP<br>18:00 - 18:25 - FUN                                                     | MANTENTE EN<br>18:00 - 18:50 - ST2<br>FORMA | GAP<br>18:00 - 18:25 - FUN                                                     | FITNESS KIDS<br>18:00 - 18:50 - ST1    |                                        |                                        |
|       | TEAKWONDO KIDS<br>18:00 - 18:50 - ST1  | ZUMBA<br>18:00 - 18:50 - ST2                                                   | TEAKWONDO KIDS<br>18:00 - 18:50 - ST1       | ZUMBA<br>18:00 - 18:50 - ST2                                                   |                                        |                                        |                                        |
|       | ABDOMINALES<br>18:30 - 18:55 - FUN     | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC                                         | ABDOMINALES<br>18:30 - 18:55 - FUN          | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC                                         |                                        |                                        |                                        |
|       | CYCLING VIRTUAL<br>18:30 - 19:15 - CYC | FIT BOXING<br>18:30 - 18:55 - FUN                                              |                                             | FIT BOXING<br>18:30 - 18:55 - FUN                                              |                                        |                                        |                                        |
| 19:00 | GAP<br>19:00 - 19:25 - ST1             | CROSSTRAINING<br>19:00 - 19:50 - Outdoor                                       | CYCLING<br>19:00 - 19:45 - CYC              | CROSSTRAINING<br>19:00 - 19:50 - Outdoor                                       | CYCLING<br>19:00 - 19:45 - CYC         |                                        |                                        |
|       | LUDOTECA<br>19:00 - 20:00 - ST1        | LUDOTECA<br>19:00 - 20:00 - ST1                                                | LUDOTECA<br>19:00 - 20:00 - ST1             | LUDOTECA<br>19:00 - 20:00 - ST1                                                | LUDOTECA<br>19:00 - 20:00 - ST1        |                                        |                                        |
|       | ZUMBA<br>19:00 - 19:50 - ST2           | PILATES<br>19:00 - 19:50 - ST2                                                 | ZUMBA<br>19:00 - 19:50 - ST2                | PILATES<br>19:00 - 19:50 - ST2                                                 |                                        |                                        |                                        |
|       | CYCLING VIRTUAL<br>19:30 - 20:15 - CYC | CYCLING VIRTUAL<br>19:30 - 20:15 - CYC                                         |                                             | CYCLING VIRTUAL<br>19:30 - 20:15 - CYC                                         |                                        |                                        |                                        |
|       | ESPALDA SANA<br>19:30 - 19:55 - ST1    |                                                                                |                                             |                                                                                |                                        |                                        |                                        |

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Centro



| HORA  | LUNES                                  | MARTES                             | MIÉRCOLES                              | JUEVES                                 | VIERNES                                | SÁBADO | DOMINGO |
|-------|----------------------------------------|------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|--------|---------|
| 20:00 | B.BALANCE<br>20:00 - 20:50 - ST1       | ABDOMINALES<br>20:00 - 20:25 - FUN | B.BALANCE<br>20:00 - 20:50 - ST1       | B.COMBAT<br>20:00 - 20:50 - ST2        | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC |        |         |
|       | B.PUMP<br>20:00 - 20:50 - ST2          | B.COMBAT<br>20:00 - 20:50 - ST2    | B.PUMP<br>20:00 - 20:50 - ST2          | LUDOTECA<br>20:00 - 21:00 - ST1        |                                        |        |         |
|       | LUDOTECA<br>20:00 - 21:00 - ST1        | LUDOTECA<br>20:00 - 21:00 - ST1    | LUDOTECA<br>20:00 - 21:00 - ST1        | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC |                                        |        |         |
|       | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC | CYCLING<br>20:30 - 21:15 - CYC     | CYCLING VIRTUAL<br>20:30 - 21:15 - CYC | YOGA<br>20:30 - 21:20 - ST1            |                                        |        |         |
| 21:00 | CORE<br>21:00 - 21:25 - ST2            |                                    | CORE<br>21:00 - 21:25 - ST2            |                                        |                                        |        |         |

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