

# Horario de actividades dirigidas

Centro

Horario Completo



| HORA  | LUNES                                  | MARTES                                 | MIÉRCOLES                              | JUEVES                                 | VIERNES                                | SÁBADO                                 | DOMINGO                                |
|-------|----------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|----------------------------------------|
| 07:00 | CYCLING VIRTUAL<br>07:30 - 08:25 - CYC | CYCLING VIRTUAL<br>07:30 - 08:25 - CYC | CYCLING VIRTUAL<br>07:30 - 08:25 - CYC |                                        | CYCLING VIRTUAL<br>07:30 - 08:25 - CYC |                                        |                                        |
| 08:00 | CYCLING VIRTUAL<br>08:30 - 09:25 - CYC | CYCLING VIRTUAL<br>08:30 - 09:25 - CYC | CYCLING VIRTUAL<br>08:30 - 09:25 - CYC |                                        | CYCLING VIRTUAL<br>08:30 - 09:25 - CYC |                                        |                                        |
|       | ESPALDA SANA<br>08:30 - 09:20 - ST1    |                                        | ESPALDA SANA<br>08:30 - 09:20 - ST1    |                                        |                                        |                                        |                                        |
| 09:00 | ACOND. FISICO<br>09:30 - 10:20 - ST2   | CYCLING VIRTUAL<br>09:30 - 10:25 - CYC | B.PUMP<br>09:30 - 10:20 - ST2          | CYCLING VIRTUAL<br>09:30 - 10:20 - CYC | ACOND. FISICO<br>09:30 - 10:20 - ST2   | CYCLING VIRTUAL<br>09:30 - 10:20 - CYC | CYCLING VIRTUAL<br>09:30 - 10:20 - CYC |
|       | CYCLING VIRTUAL<br>09:30 - 10:25 - CYC | PILATES<br>09:30 - 10:20 - ST1         | CYCLING VIRTUAL<br>09:30 - 10:25 - CYC | PILATES<br>09:30 - 10:20 - ST1         | CYCLING VIRTUAL<br>09:30 - 10:25 - CYC |                                        |                                        |
|       | GAP<br>09:30 - 10:20 - ST1             | ZUMBA<br>09:30 - 10:20 - ST2           | GAP<br>09:30 - 10:20 - ST1             | STEP<br>09:30 - 10:20 - ST2            |                                        |                                        |                                        |
| 10:00 | B.PUMP<br>10:30 - 11:20 - ST2          | CYCLING VIRTUAL<br>10:30 - 11:20 - CYC | ACOND. FISICO<br>10:30 - 11:20 - ST2   | CYCLING VIRTUAL<br>10:30 - 11:20 - CYC | B.PUMP<br>10:30 - 11:20 - ST2          | B.PUMP<br>10:30 - 11:20 - ST2          | CYCLING VIRTUAL<br>10:30 - 11:20 - CYC |
|       | CYCLING<br>10:30 - 11:20 - CYC         | GIMNASIA SUAVE<br>10:30 - 11:20 - ST2  | CYCLING<br>10:30 - 11:20 - CYC         | GIMNASIA SUAVE<br>10:30 - 11:20 - ST2  | CICLO XPRESS<br>10:30 - 11:00 - CYC    | CYCLING VIRTUAL<br>10:30 - 11:20 - CYC |                                        |
|       |                                        | GLUTEUP 30<br>10:30 - 11:00 - ST1      |                                        | GLUTEUP 30<br>10:30 - 11:00 - ST1      |                                        |                                        |                                        |
| 11:00 | B.BALANCE<br>11:30 - 12:20 - ST1       | CYCLING<br>11:30 - 12:20 - CYC         | CYCLING VIRTUAL<br>11:30 - 12:20 - CYC | CYCLING<br>11:30 - 12:20 - CYC         | CYCLING VIRTUAL<br>11:30 - 12:20 - CYC | CYCLING<br>11:30 - 12:20 - CYC         | CYCLING VIRTUAL<br>11:30 - 12:20 - CYC |
|       | CYCLING VIRTUAL<br>11:30 - 12:20 - CYC |                                        |                                        |                                        | ESPALDA SANA<br>11:30 - 12:20 - ST1    |                                        |                                        |
| 12:00 |                                        |                                        |                                        |                                        |                                        | CYCLING VIRTUAL<br>12:30 - 13:20 - CYC | CYCLING VIRTUAL<br>12:30 - 13:20 - CYC |
| 14:00 | CYCLING VIRTUAL<br>14:30 - 15:25 - CYC | CYCLING VIRTUAL<br>14:30 - 15:20 - CYC | CYCLING VIRTUAL<br>14:30 - 15:20 - CYC | CYCLING VIRTUAL<br>14:30 - 15:20 - CYC | CYCLING VIRTUAL<br>14:30 - 15:20 - CYC | CYCLING VIRTUAL<br>14:30 - 15:20 - CYC |                                        |
| 15:00 | CYCLING VIRTUAL<br>15:30 - 16:25 - CYC | CYCLING VIRTUAL<br>15:30 - 16:25 - CYC | CYCLING VIRTUAL<br>15:30 - 16:20 - CYC | CYCLING VIRTUAL<br>15:30 - 16:20 - CYC | CYCLING VIRTUAL<br>15:30 - 16:20 - CYC | CYCLING VIRTUAL<br>15:30 - 16:20 - CYC |                                        |
| 18:00 | AEROBIC LATINO<br>18:00 - 18:50 - ST2  | PILATES<br>18:00 - 18:50 - ST1         | STEP<br>18:00 - 18:50 - ST2            | ESPALDA SANA<br>18:00 - 18:50 - ST1    | PILATES<br>18:00 - 18:50 - ST1         | CYCLING VIRTUAL<br>18:30 - 19:20 - CYC |                                        |
|       | CICLO XPRESS<br>18:30 - 19:00 - CYC    | CYCLING VIRTUAL<br>18:30 - 19:25 - CYC | CICLO XPRESS<br>18:30 - 19:00 - CYC    | CYCLING VIRTUAL<br>18:30 - 19:20 - CYC | CYCLING VIRTUAL<br>18:30 - 19:20 - CYC |                                        |                                        |
| 19:00 | B.BALANCE<br>19:00 - 19:50 - ST1       | GAP<br>19:00 - 19:30 - ST1             | B.PUMP<br>19:00 - 19:50 - ST2          | B.COMBAT<br>19:00 - 19:50 - ST2        | B.PUMP<br>19:00 - 19:50 - ST2          |                                        |                                        |
|       | B.PUMP<br>19:00 - 19:50 - ST2          | URBAN DANCE<br>19:00 - 19:50 - ST2     | ABD TOTAL<br>19:30 - 20:00 - FUN       | CYCLING<br>19:30 - 20:20 - CYC         | ABD TOTAL<br>19:30 - 20:00 - FUN       |                                        |                                        |
|       | ABD TOTAL<br>19:30 - 20:00 - FUN       | CYCLING<br>19:30 - 20:20 - CYC         | CYCLING VIRTUAL<br>19:30 - 20:20 - CYC |                                        |                                        |                                        |                                        |
|       | CYCLING VIRTUAL<br>19:30 - 20:25 - CYC |                                        |                                        |                                        |                                        |                                        |                                        |
| 20:00 | B.COMBAT<br>20:00 - 20:50 - ST2        | B.PUMP<br>20:00 - 20:50 - ST2          | B.COMBAT<br>20:00 - 20:50 - ST2        | B.PUMP<br>20:00 - 20:50 - ST2          | CYCLING<br>20:00 - 20:50 - CYC         |                                        |                                        |
|       | GLUTEUP 30<br>20:00 - 20:30 - ST1      | CYCLING VIRTUAL<br>20:30 - 21:20 - CYC | GLUTEUP 30<br>20:00 - 20:30 - ST1      | CYCLING VIRTUAL<br>20:30 - 21:20 - CYC |                                        |                                        |                                        |
|       | HIFT<br>20:00 - 20:30 - FUN            | ZUMBA STRONG<br>20:30 - 21:20 - ST1    | HIFT<br>20:00 - 20:30 - FUN            | ZUMBA<br>20:30 - 21:20 - ST1           |                                        |                                        |                                        |
|       | CYCLING<br>20:30 - 21:20 - CYC         |                                        | CYCLING<br>20:30 - 21:20 - CYC         |                                        |                                        |                                        |                                        |
|       | STEP FUNCIONAL<br>20:30 - 21:20 - ST1  |                                        |                                        |                                        |                                        |                                        |                                        |

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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