

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

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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