

# Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CICLO INFINITY VIR 07:30 - 08:15 - CYC	CICLO INFINITY VIR 07:30 - 08:15 - CYC	CICLO INFINITY VIR 07:30 - 08:15 - CYC	CICLO INFINITY VIR 07:30 - 08:15 - CYC	CICLO INFINITY VIR 07:30 - 08:15 - CYC		
	OPEN BOX 07:30 - 08:25 - Box	OPEN BOX 07:30 - 08:25 - Box	OPEN BOX 07:30 - 08:25 - Box	OPEN BOX 07:30 - 08:25 - Box	OPEN BOX 07:30 - 08:25 - Box		
08:00	CICLO INFINITY VIR 08:30 - 09:15 - CYC	CICLO INFINITY VIR 08:30 - 09:15 - CYC	CICLO INFINITY VIR 08:30 - 09:15 - CYC	CICLO INFINITY VIR 08:30 - 09:15 - CYC	CICLO INFINITY VIR 08:30 - 09:15 - CYC		
	OPEN BOX 08:30 - 09:25 - Box	OPEN BOX 08:30 - 09:25 - Box	OPEN BOX 08:30 - 09:25 - Box	OPEN BOX 08:30 - 09:25 - Box	OPEN BOX 08:30 - 09:25 - Box		
09:00	B.PUMP 09:30 - 10:20 - ST2	ABDOMINALES 09:00 - 09:25 - ST1	B.PUMP 09:30 - 10:20 - ST2	ABDOMINALES 09:00 - 09:25 - ST1	B.PUMP 09:30 - 10:20 - ST2	CICLO INFINITY VIR 09:30 - 10:15 - CYC	
	CICLO INFINITY VIR 09:30 - 10:15 - CYC	AQUA HIIT 09:30 - 09:55 - Piscina	CICLO INFINITY VIR 09:30 - 10:15 - CYC	AQUA HIIT 09:30 - 09:55 - Piscina	CICLO INFINITY VIR 09:30 - 10:15 - CYC	OPEN BOX 09:30 - 10:25 - Box	
	WOD 09:30 - 10:25 - Box	B.COMBAT 09:30 - 10:20 - ST2	WOD 09:30 - 10:25 - Box	B.COMBAT 09:30 - 10:20 - ST2	WOD 09:30 - 10:25 - Box		
		CICLO INFINITY VIR 09:30 - 10:15 - CYC		CICLO INFINITY VIR 09:30 - 10:15 - CYC			
		WOD 09:30 - 10:25 - Box		PILATES 09:30 - 10:20 - ST1	WOD 09:30 - 10:25 - Box		
10:00	MANTENTE EN 10:00 - 10:25 - ST1 FORMA	CICLO INFINITY VIR 10:30 - 11:15 - CYC	MANTENTE EN 10:00 - 10:25 - ST1 FORMA	B.PUMP 10:30 - 11:20 - ST2	AQUA GYM 10:00 - 10:45 - Piscina	CICLO INFINITY VIR 10:30 - 11:15 - CYC	
	AQUA GYM 10:30 - 11:15 - Piscina	PILATES 10:30 - 11:20 - ST1	AQUA GYM 10:30 - 11:15 - Piscina	CICLO INFINITY VIR 10:30 - 11:15 - CYC	MANTENTE EN 10:00 - 10:25 - ST1 FORMA	OPEN BOX 10:30 - 11:25 - Box	
	CICLO INFINITY VIR 10:30 - 11:15 - CYC	WOD 10:30 - 11:25 - Box	CICLO INFINITY VIR 10:30 - 11:15 - CYC	WOD 10:30 - 11:25 - Box	CICLO INFINITY VIR 10:30 - 11:15 - CYC		
	WOD 10:30 - 11:25 - Box	ZUMBA 10:30 - 11:20 - ST2	TONE 10:30 - 11:20 - ST2		WOD 10:30 - 11:25 - Box		
	ZUMBA 10:30 - 11:20 - ST2		WOD 10:30 - 11:25 - Box		ZUMBA 10:30 - 11:20 - ST2		
11:00	CICLO INFINITY VIR 11:30 - 12:15 - CYC	B.BALANCE 11:30 - 12:20 - ST2	CICLO INFINITY VIR 11:30 - 12:15 - CYC	CICLO INFINITY VIR 11:30 - 12:15 - CYC	CICLO INFINITY VIR 11:30 - 12:15 - CYC	AQUA GYM 11:30 - 12:15 - Piscina	
	OPEN BOX 11:30 - 12:25 - Box	CICLO INFINITY VIR 11:30 - 12:15 - CYC	OPEN BOX 11:30 - 12:25 - Box	OPEN BOX 11:30 - 12:25 - Box	GLUTEBOOM 11:30 - 11:55 - ST2	CICLO INFINITY VIR 11:30 - 12:15 - CYC	
	YOGA 11:30 - 12:20 - ST2	OPEN BOX 11:30 - 12:25 - Box	YOGA 11:30 - 12:20 - ST2	ZUMBA 11:30 - 12:20 - ST2	OPEN BOX 11:30 - 12:25 - Box		
12:00	CICLO INFINITY VIR 12:30 - 13:15 - CYC	AQUA GYM 12:00 - 12:45 - Piscina	CICLO INFINITY VIR 12:30 - 13:15 - CYC	AQUA GYM 12:00 - 12:45 - Piscina	AQUA GYM 12:30 - 13:15 - Piscina	AQUA HIIT 12:30 - 12:55 - Piscina	
	OPEN BOX 12:30 - 13:25 - Box	CICLO INFINITY VIR 12:30 - 13:15 - CYC	OPEN BOX 12:30 - 13:25 - Box	CICLO INFINITY VIR 12:30 - 13:15 - CYC	CICLO INFINITY VIR 12:30 - 13:15 - CYC	CICLO INFINITY VIR 12:30 - 13:15 - CYC	
13:00	CICLO INFINITY VIR 13:30 - 14:15 - CYC	OPEN BOX 13:30 - 14:25 - Box	CICLO INFINITY VIR 13:30 - 14:15 - CYC	CICLO INFINITY VIR 13:30 - 14:15 - CYC	CICLO INFINITY VIR 13:30 - 14:15 - CYC	OPEN BOX 13:30 - 14:25 - Box	
	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	OPEN BOX 13:30 - 14:25 - Box	
14:00	CICLO INFINITY VIR 14:30 - 15:15 - CYC	CICLO INFINITY VIR 14:30 - 15:15 - CYC	CICLO INFINITY VIR 14:30 - 15:15 - CYC	CICLO INFINITY VIR 14:30 - 15:15 - CYC	CICLO INFINITY VIR 14:30 - 15:15 - CYC	CICLO INFINITY VIR 14:30 - 15:15 - CYC	
	WOD 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box	WOD 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box	OPEN BOX 14:30 - 15:25 - Box	
15:00	CICLO INFINITY VIR 15:30 - 16:15 - CYC	CICLO INFINITY VIR 15:30 - 16:15 - CYC	CICLO INFINITY VIR 15:30 - 16:15 - CYC	CICLO INFINITY VIR 15:30 - 16:15 - CYC	CICLO INFINITY VIR 15:30 - 16:15 - CYC		

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
16:00	OPEN BOX 16:00 - 16:55 - Box CICLO INFINITY VIR 16:30 - 17:15 - CYC	OPEN BOX 16:00 - 16:55 - Box CICLO INFINITY VIR 16:30 - 17:15 - CYC	OPEN BOX 16:00 - 16:55 - Box CICLO INFINITY VIR 16:30 - 17:15 - CYC	OPEN BOX 16:00 - 16:55 - Box CICLO INFINITY VIR 16:30 - 17:15 - CYC	OPEN BOX 16:00 - 16:55 - Box CICLO INFINITY VIR 16:30 - 17:15 - CYC			
17:00	OPEN BOX 17:00 - 17:55 - Box CICLO INFINITY VIR 17:30 - 18:15 - CYC	OPEN BOX 17:00 - 17:55 - Box PILATES 17:00 - 17:50 - ST2 CICLO INFINITY VIR 17:30 - 18:15 - CYC	OPEN BOX 17:00 - 17:55 - Box CICLO INFINITY VIR 17:30 - 18:15 - CYC	B.BALANCE 17:00 - 17:50 - ST2 OPEN BOX 17:00 - 17:55 - Box CICLO INFINITY VIR 17:30 - 18:15 - CYC	OPEN BOX 17:00 - 17:55 - Box CICLO INFINITY VIR 17:30 - 18:15 - CYC			
18:00	B.PUMP 18:00 - 18:50 - ST2 SYNRGY360 18:00 - 18:25 - FIT WOD 18:00 - 18:55 - Box CICLO INFINITY 18:30 - 19:15 - CYC	ABDOMINALES 18:00 - 18:25 - ST1 WOD 18:00 - 18:55 - Box ZUMBA 18:00 - 18:50 - ST2 CICLO INFINITY 18:30 - 19:15 - CYC	WOD 18:00 - 18:55 - Box ZUMBA 18:00 - 18:50 - ST2 CICLO INFINITY VIR 18:30 - 19:15 - CYC	WOD 18:00 - 18:55 - Box ZUMBA 18:00 - 18:50 - ST2 CICLO INFINITY VIR 18:30 - 19:15 - CYC	WOD 18:00 - 18:55 - Box ZUMBA 18:00 - 18:50 - ST2 CICLO INFINITY VIR 18:30 - 19:15 - CYC	B.PUMP 18:00 - 18:50 - ST2 WOD 18:00 - 18:55 - Box CICLO INFINITY VIR 18:30 - 19:15 - CYC		
19:00	AQUA GYM 19:00 - 19:45 - Piscina WOD 19:00 - 19:55 - Box YOGA 19:00 - 19:50 - ST1 ZUMBA 19:00 - 19:50 - ST2 CICLO INFINITY 19:30 - 20:15 - CYC	GLUTEBOOM 19:00 - 19:25 - ST1 WOD 19:00 - 19:55 - Box YOGA 19:00 - 19:50 - ST2 CICLO INFINITY 19:30 - 20:15 - CYC	AQUA GYM 19:00 - 19:45 - Piscina PILATES 19:00 - 19:50 - ST2 SYNRGY360 19:00 - 19:25 - FIT WOD 19:00 - 19:55 - Box CICLO INFINITY 19:30 - 20:15 - CYC	B.PUMP 19:00 - 19:50 - ST2 WOD 19:00 - 19:55 - Box CICLO INFINITY 19:30 - 20:15 - CYC	ABDOMINALES 19:00 - 19:25 - ST1 WOD 19:00 - 19:55 - Box ZUMBA 19:00 - 19:50 - ST2 CICLO INFINITY 19:30 - 20:15 - CYC			
20:00	B.COMBAT 20:00 - 20:50 - ST2 WOD 20:00 - 20:55 - Box CICLO INFINITY VIR 20:30 - 21:15 - CYC GLUTEBOOM 20:30 - 20:55 - ST1	AQUA HIIT 20:00 - 20:30 - Piscina B.PUMP 20:00 - 20:50 - ST2 WOD 20:00 - 20:55 - Box AQUA GYM 20:30 - 21:15 - Piscina CICLO INFINITY VIR 20:30 - 21:15 - CYC	TONE 20:00 - 20:45 - ST2 WOD 20:00 - 20:55 - Box YOGA 20:00 - 20:50 - ST1 CICLO INFINITY VIR 20:30 - 21:15 - CYC	AQUA HIIT 20:00 - 20:30 - Piscina B.COMBAT 20:00 - 20:50 - ST2 WOD 20:00 - 20:55 - Box AQUA GYM 20:30 - 21:15 - Piscina CICLO INFINITY VIR 20:30 - 21:15 - CYC GLUTEBOOM 20:30 - 20:55 - ST1	AQUA HIIT 20:00 - 20:30 - Piscina B.COMBAT 20:00 - 20:50 - ST2 WOD 20:00 - 20:55 - Box AQUA GYM 20:30 - 21:15 - Piscina CICLO INFINITY VIR 20:30 - 21:15 - CYC	AQUA GYM 20:00 - 20:45 - Piscina B.COMBAT 20:00 - 20:50 - ST2 OPEN BOX 20:00 - 20:55 - Box CICLO INFINITY VIR 20:30 - 21:15 - CYC		
21:00	AQUA HIIT 21:00 - 21:30 - Piscina B.BALANCE 21:00 - 21:50 - ST2 WOD 21:00 - 21:55 - Box CICLO INFINITY VIR 21:30 - 22:15 - CYC	B.COMBAT 21:00 - 21:50 - ST2 OPEN BOX 21:00 - 21:55 - Box CICLO INFINITY VIR 21:30 - 22:15 - CYC	AQUA HIIT 21:00 - 21:30 - Piscina B.PUMP 21:00 - 21:50 - ST2 OPEN BOX 21:00 - 21:55 - Box CICLO INFINITY VIR 21:30 - 22:15 - CYC	OPEN BOX 21:00 - 21:55 - Box CICLO INFINITY VIR 21:30 - 22:15 - CYC	OPEN BOX 21:00 - 21:55 - Box CICLO INFINITY VIR 21:30 - 22:15 - CYC			