

Horario de actividades dirigidas

Centro

Horario Completo



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	CYCLING VIRTUAL 06:30 - 07:15 - CYC	CYCLING VIRTUAL 06:30 - 07:15 - CYC	CYCLING VIRTUAL 06:30 - 07:15 - CYC	CYCLING VIRTUAL 06:30 - 07:15 - CYC	CYCLING VIRTUAL 06:30 - 07:15 - CYC		
07:00	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CROSSTRaining 07:30 - 08:20 - FUN	CYCLING VIRTUAL 07:30 - 08:15 - CYC	CROSSTRaining 07:30 - 08:20 - FUN	CYCLING VIRTUAL 07:30 - 08:15 - CYC		
08:00	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC	CYCLING 08:30 - 09:15 - CYC	CYCLING VIRTUAL 08:30 - 09:15 - CYC		
09:00	B.PUMP 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC	B.COMBAT 09:30 - 10:20 - ST2	FUNCTIONAL 09:30 - 09:55 - FUN	B.PUMP 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC	CYCLING VIRTUAL 09:30 - 10:15 - CYC
	CYCLING VIRTUAL 09:30 - 10:15 - CYC	FUNCTIONAL 09:30 - 09:55 - FUN	CYCLING VIRTUAL 09:30 - 10:15 - CYC	ZUMBA 09:30 - 10:20 - ST2	CYCLING VIRTUAL 09:30 - 10:15 - CYC		
	YOGA 09:30 - 10:20 - ST1	ZUMBA 09:30 - 10:20 - ST2	YOGA 09:30 - 10:20 - ST1				
10:00	CYCLING 10:30 - 11:15 - CYC	GLÁTEOS 10:00 - 10:25 - FUN	B.PUMP 10:30 - 11:20 - ST2	GLUTEOS 10:00 - 10:25 - FUN	CYCLING 10:30 - 11:15 - CYC	CYCLING 10:30 - 11:15 - CYC	CYCLING VIRTUAL 10:30 - 11:15 - CYC
	PILATES 10:30 - 11:20 - ST1	B.BALANCE 10:30 - 11:20 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC	B.BALANCE 10:30 - 11:20 - ST1	PILATES 10:30 - 11:20 - ST1		
		CYCLING VIRTUAL 10:30 - 11:15 - CYC	PILATES 10:30 - 11:20 - ST1	CYCLING VIRTUAL 10:30 - 11:15 - CYC			
		MANTENTE EN 10:30 - 11:20 - ST2 FORMA		MANTENTE EN 10:30 - 11:20 - ST2 FORMA			
11:00	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ABDOMINALES 11:30 - 11:55 - FUN	ABDOMINALES 11:30 - 11:55 - FUN	ABDOMINALES 11:30 - 11:55 - FUN	CYCLING VIRTUAL 11:30 - 12:15 - CYC	B.PUMP 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC
	ZUMBA 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	CYCLING VIRTUAL 11:30 - 12:15 - CYC	ZUMBA 11:30 - 12:20 - ST2	CYCLING VIRTUAL 11:30 - 12:15 - CYC	
12:00	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC	CYCLING VIRTUAL 12:30 - 13:15 - CYC
13:00	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC	CYCLING VIRTUAL 13:30 - 14:15 - CYC
14:00	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	CYCLING VIRTUAL 14:30 - 15:15 - CYC	
15:00	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	CYCLING VIRTUAL 15:30 - 16:15 - CYC	
16:00	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	CYCLING VIRTUAL 16:30 - 17:15 - CYC	
17:00	TEAKWONDO KIDS 17:00 - 17:55 - ST1	DANCE KIDS 17:00 - 17:55 - ST1	TEAKWONDO KIDS 17:00 - 17:55 - ST1	DANCE KIDS 17:00 - 17:55 - ST1	CYCLING VIRTUAL 17:30 - 18:15 - CYC	CYCLING VIRTUAL 17:30 - 18:15 - CYC	
	GLUTEOS 17:30 - 17:55 - FUN	FUNCTIONAL 17:30 - 17:55 - FUN	GLUTEOS 17:30 - 17:55 - FUN	FUNCTIONAL 17:30 - 17:55 - FUN	GLUTEOS 17:30 - 17:55 - FUN		
	B.PUMP 18:00 - 18:50 - ST2	CROSSTRaining 18:00 - 18:50 - FUN	CYCLING 18:00 - 18:45 - CYC	CROSSTRaining 18:00 - 18:50 - FUN	B.PUMP 18:00 - 18:50 - ST2	CYCLING VIRTUAL 18:30 - 19:15 - CYC	
18:00	CYCLING 18:00 - 18:45 - CYC	CYCLING 18:00 - 18:45 - CYC	FUNCTIONAL 18:00 - 18:25 - FUN	CYCLING 18:00 - 18:45 - CYC	LUDOTECA 18:00 - 19:00 - FUN		
	FUNCTIONAL 18:00 - 18:25 - FUN	GAMES KIDS 18:00 - 18:55 - FUN	MANTENTE EN 18:00 - 18:50 - ST2 FORMA	GAMES KIDS 18:00 - 18:55 - FUN			
	SPORTS KIDS 18:00 - 18:55 - ST1	ZUMBA 18:00 - 18:50 - ST2	SPORTS KIDS 18:00 - 18:55 - ST1	ZUMBA 18:00 - 18:50 - ST2			
	WOD 18:30 - 18:55 - FUN		WOD 18:30 - 18:55 - FUN				

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:00	ABDOMINALES 19:00 - 19:25 - FUN	B.COMBAT 19:00 - 19:50 - ST2	ABDOMINALES 19:00 - 19:25 - FUN	B.COMBAT 19:00 - 19:50 - ST2	CYCLING 19:00 - 19:45 - CYC		
	CYCLING 19:00 - 19:45 - CYC	FITNESS KIDS 19:00 - 19:55 - FUN	CYCLING 19:00 - 19:45 - CYC	FITNESS KIDS 19:00 - 19:55 - FUN	LUDOTECA 19:00 - 20:00 - FUN		
	GAMES KIDS 19:00 - 19:55 - ST1	GLUTEOS 19:00 - 19:25 - FUN	GAMES KIDS 19:00 - 19:55 - ST1	GLUTEOS 19:00 - 19:25 - FUN			
	ZUMBA 19:00 - 19:50 - ST2	PILATES 19:00 - 19:50 - ST1	ZUMBA 19:00 - 19:50 - ST2	PILATES 19:00 - 19:50 - ST1			
	ESPALDA SANA 19:30 - 19:55 - FUN	CYCLING VIRTUAL 19:30 - 20:15 - CYC	ESPALDA SANA 19:30 - 19:55 - FUN	CYCLING VIRTUAL 19:30 - 20:15 - CYC			
20:00		FUNCTIONAL 19:30 - 19:55 - FUN		FUNCTIONAL 19:30 - 19:55 - FUN			
	B.BALANCE 20:00 - 20:50 - ST1	ABDOMINALES 20:00 - 20:25 - FUN	B.BALANCE 20:00 - 20:50 - ST1	ABDOMINALES 20:00 - 20:25 - FUN	WOD 20:00 - 20:25 - FUN		
	B.COMBAT 20:00 - 20:50 - ST2	B.PUMP 20:00 - 20:50 - ST2	B.COMBAT 20:00 - 20:50 - ST2	B.PUMP 20:00 - 20:50 - ST2	ABDOMINALES 20:30 - 20:55 - FUN		
	GLUTEOS 20:00 - 20:25 - FUN	YOGA 20:00 - 20:50 - ST1	GLUTEOS 20:00 - 20:25 - FUN	YOGA 20:00 - 20:50 - ST1	CYCLING VIRTUAL 20:30 - 21:15 - CYC		
	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC	CYCLING VIRTUAL 20:30 - 21:15 - CYC			
21:00	FUNCTIONAL 20:30 - 20:55 - FUN	GLUTEOS 20:30 - 20:55 - FUN	FUNCTIONAL 20:30 - 20:55 - FUN	GLUTEOS 20:30 - 20:55 - FUN			
	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC	CYCLING VIRTUAL 21:30 - 22:15 - CYC		

Acuáticas Alta intensidad Cardiovascular Virtual Coreográficas Cuerpo/Mente Fuerza Senior

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