

HORARIO de actividades dirigidas

Centro

Horario Completo

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|---|--|---|---|---|---|---|
| 06:00 | | GRIT VIRTUAL 06:45 - 07:15 - Studio 1 LM CORE VIRT. 06:45 - 07:15 - Studio 2 RPM VIRTUAL 06:45 - 07:30 - Studio Cycling | B.BALANCE VIRT 06:45 - 07:40 - Studio 2 GRIT VIRTUAL 06:45 - 07:15 - Studio 1 RPM VIRTUAL 06:45 - 07:30 - Studio Cycling | GRIT VIRTUAL 06:45 - 07:15 - Studio 1 LM CORE VIRT. 06:45 - 07:15 - Studio 2 RPM VIRTUAL 06:45 - 07:30 - Cycling | B.PUMP VIRTUAL 06:45 - 07:40 - Studio 1 | | |
| 07:00 | | | | | RPM VIRTUAL 07:00 - 07:45 - Studio ~ GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B. COMBAT VIRTUAL 08:30 - 09:25 - Studio 1 B.BALANCE VIRT 08:30 - 09:25 - Studio 2 RPM VIRTUAL 08:30 - 09:15 - Studio ~ ~ ~ | | |
| 08:00 | | B. COMBAT VIRTUAL 08:00 - 08:50 - Studio 2 RPM VIRTUAL 08:15 - 09:05 - Studio ~ ~ B.PUMP VIRTUAL 08:30 - 09:20 - Studio 1 | GRIT VIRTUAL 08:00 - 08:30 - Studio 1 RPM VIRTUAL 08:30 - 09:15 - Studio Cycling | B. COMBAT VIRTUAL 08:00 - 08:55 - Studio 2 RPM VIRTUAL 08:15 - 09:05 - Studio ~ ~ B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1 | | | |
| 09:00 | RPM VIRTUAL 09:30 - 10:15 - Cycling | B.BALANCE VIRTUAL 09:30 - 10:20 - Studio 2 B.COMBAT 09:30 - 10:25 - Studio 1 B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1 | LM CORE VIRT. 09:00 - 09:30 - Studio 2 B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1 CYCLING 09:30 - 10:15 - Studio Cycling | B. COMBAT VIRTUAL 09:30 - 10:25 - Studio 1 B.BALANCE VIRTUAL 09:30 - 10:25 - Studio 2 HIIT 09:30 - 10:00 - Fitness RPM VIRTUAL 09:30 - 10:15 - Studio ~ ~ ~ | B.PUMP VIRTUAL 09:30 - 10:25 - Studio 2 SPRINT 09:30 - 10:00 - Cycling | RPM VIRTUAL 09:30 - 10:15 - Studio Cycling | RPM VIRTUAL 09:30 - 10:20 - Studio Cycling |
| 10:00 | GRIT VIRTUAL 10:00 - 10:30 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:25 - Studio 1 | RPM VIRTUAL 10:00 - 10:50 - Cycling GRIT 10:30 - 11:00 - Studio 1 STRETCHING 10:30 - 11:25 - Studio 2 | B. COMBAT VIRTUAL 10:30 - 11:25 - Studio 1 B.BALANCE 10:30 - 11:25 - Studio 2 KINESIS-CORE 10:30 - 11:15 - Fitness RPM VIRTUAL 10:30 - 11:15 - Studio Cycling | B.PUMP 10:30 - 11:25 - Studio 1 RPM VIRTUAL 10:30 - 11:15 - Studio Cycling | ABDOMINALES 10:00 - 10:20 - Studio 1 B. COMBAT VIRTUAL 10:30 - 11:25 - Studio 1 B.BALANCE VIRTUAL 10:30 - 11:25 - Studio 2 HIIT 10:30 - 11:00 - Fitness RPM VIRTUAL 10:30 - 11:15 - Cycling | GRIT VIRTUAL 10:00 - 10:30 - Studio 2 B.PUMP 10:30 - 11:25 - Studio 1 | GRIT VIRTUAL 10:00 - 10:30 - Studio 2 B.PUMP VIRTUAL 10:30 - 11:25 - Studio 1 |
| 11:00 | RPM VIRTUAL 11:00 - 11:45 - Cycling B.BALANCE VIRT 11:30 - 12:25 - Studio 2 | ABDOMINALES 11:00 - 11:30 - Studio 1 PILATES 11:30 - 12:25 - Studio 2 RPM VIRTUAL 11:30 - 12:20 - Studio ~ ~ ~ | RPM VIRTUAL 11:30 - 12:15 - Studio ~ ~ YOGA 11:30 - 12:25 - Studio 2 | PILATES 11:30 - 12:25 - Studio 2 RPM VIRTUAL 11:30 - 12:20 - Studio Cycling | CARDIO-YOGA 11:30 - 12:25 - Studio 2 LM CORE VIRT. 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Studio ~ ~ ~ | B.BALANCE VIRT 11:30 - 12:25 - Studio 2 CYCLING 11:30 - 12:15 - Cycling | RPM VIRTUAL 11:00 - 11:45 - Cycling B.BALANCE VIRT 11:30 - 12:25 - Studio 2 |
| 12:00 | B.COMBAT VIRTUAL 12:00 - 12:55 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Cycling LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:25 - Studio 1 | B.COMBAT VIRTUAL 12:00 - 12:50 - Studio 1 GRIT VIRTUAL 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio ~ ~ LM CORE VIRT. 13:30 - 14:00 - Studio 1 | B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1 LM CORE VIRT. 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Studio Cycling | B.COMBAT VIRTUAL 12:00 - 12:50 - Studio 1 GRIT VIRTUAL 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio ~ ~ LM CORE VIRT. 13:30 - 14:00 - Studio 1 | B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1 B. COMBAT VIRTUAL 13:00 - 13:55 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Studio Cycling | B. COMBAT VIRTUAL 12:00 - 12:55 - Studio 1 RPM VIRTUAL 12:30 - 13:15 - Studio ~ ~ LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:25 - Studio 1 | B. COMBAT VIRTUAL 12:00 - 12:55 - Studio 1 RPM VIRTUAL 12:30 - 13:20 - Studio ~ ~ LM CORE VIRT. 13:00 - 13:30 - Studio 2 B.PUMP VIRTUAL 13:30 - 14:25 - Studio 1 |

HORARIO de actividades dirigidas

Centro

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | |
|-------|--|--|--|---|---|--|---|--|
| 14:00 | GRIT VIRTUAL 14:00 - 14:30 - Studio 2 RPM VIRTUAL 14:00 - 14:45 - Cycling | LM CORE VIRT. 14:00 - 14:30 - Studio 2 B.BALANCE VIRT 14:30 - 15:20 - Studio 2 B.PUMP 14:30 - 15:25 - Studio 1 RPM VIRTUAL 14:30 - 15:20 - Studio Cycling | GRIT VIRTUAL 14:00 - 14:30 - Studio 2 HIIT 14:00 - 14:30 - Fitness B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1 CYCLING 14:30 - 15:15 - Cycling LM CORE VIRT. 14:30 - 15:15 - Studio 2 | LM CORE VIRT. 14:00 - 14:30 - Studio 2 B.PUMP VIRTUAL 14:30 - 15:25 - Studio 2 GRIT VIRTUAL 14:30 - 15:00 - Studio 1 HIIT 14:30 - 15:15 - Fitness RPM VIRTUAL 14:30 - 15:20 - Studio Cycling | GRIT VIRTUAL 14:00 - 14:30 - Studio 2 B.BALANCE VIRTUAL 14:30 - 15:25 - Studio 2 B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1 RPM VIRTUAL 14:30 - 15:15 - Studio Cycling | GRIT VIRTUAL 14:00 - 14:30 - Studio 2 RPM VIRTUAL 14:00 - 14:45 - Studio Cycling | GRIT VIRTUAL 14:00 - 14:30 - Studio 2 RPM VIRTUAL 14:00 - 14:50 - Studio Cycling | |
| | 15:00 | GRIT VIRTUAL 15:30 - 16:00 - Studio 2 RPM VIRTUAL 15:30 - 16:20 - Studio Cycling | GRIT VIRTUAL 15:30 - 16:25 - Studio 1 LM CORE VIRT. 15:30 - 16:00 - Studio 2 | B.PUMP VIRTUAL 15:30 - 16:25 - Studio 1 LM CORE VIRT. 15:30 - 16:00 - Studio 2 | LM CORE VIRT. 15:00 - 15:30 - Studio 1 GRIT VIRTUAL 15:30 - 16:00 - Studio 2 RPM VIRTUAL 15:30 - 16:20 - Studio Cycling | B.PUMP VIRTUAL 15:30 - 16:30 - Studio 2 LM CORE VIRT. 15:30 - 16:00 - Studio 1 | B. COMBAT VIRTUAL 15:00 - 15:55 - Studio 1 B.PUMP VIRTUAL 15:00 - 15:55 - Studio 2 RPM VIRTUAL 15:30 - 16:15 - Cycling | |
| | 16:00 | B.PUMP VIRTUAL 16:00 - 16:50 - Studio 1 LM CORE VIRT. 16:30 - 17:00 - Studio 2 | B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1 LM CORE VIRT. 16:30 - 17:00 - Studio 2 | RPM VIRTUAL 16:00 - 16:45 - Studio Cycling | B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1 LM CORE VIRT. 16:30 - 17:00 - Studio 2 | RPM VIRTUAL 16:00 - 16:45 - Studio Cycling GRIT VIRTUAL 16:30 - 17:00 - Studio 1 | LM CORE VIRT. 16:30 - 17:00 - Studio 1 | |
| 17:00 | B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1 RPM VIRTUAL 17:00 - 17:50 - Studio Cycling | B.COMBAT VIRTUAL 17:00 - 17:55 - Studio 1 B.BALANCE VIRT 17:00 - 17:55 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Studio Cycling | B.COMBAT VIRTUAL 17:00 - 17:55 - Studio 1 B.BALANCE VIRT 17:00 - 17:55 - Studio 2 RPM VIRTUAL 17:00 - 17:45 - Studio Cycling | B.BALANCE VIRTUAL 17:00 - 17:55 - Studio 2 RPM VIRTUAL 17:00 - 17:50 - Studio Cycling | RPM VIRTUAL 17:00 - 17:45 - Cycling SPRINT 17:30 - 18:00 - Cycling | B.BALANCE VIRT 17:00 - 17:55 - Studio 2 | | |
| 18:00 | ABDOMINALES 18:00 - 18:30 - Studio 1 CYCLING 18:00 - 18:45 - Cycling ZUMBA 18:00 - 18:55 - Studio 1 GLUTEUP 18:30 - 19:00 - Studio 1 B.PUMP 19:00 - 19:30 - Studio 1 CYCLING 19:00 - 19:45 - Studio Cycling HIIT 19:00 - 19:30 - Fitness YOGA 19:00 - 19:55 - Studio 2 B.ATTACK 19:30 - 20:00 - Studio 1 | ABDOMINALES 18:00 - 18:30 - Studio 1 CYCLING 18:00 - 18:45 - Cycling ZUMBA 18:00 - 18:55 - Studio 1 GLUTEUP 18:30 - 19:00 - Studio 1 B.PUMP 19:00 - 19:30 - Studio 1 CYCLING 19:00 - 19:45 - Studio Cycling HIIT 19:00 - 19:30 - Fitness YOGA 19:00 - 19:55 - Studio 2 B.ATTACK 19:30 - 20:00 - Studio 1 | B.PUMP 18:00 - 18:55 - Studio 1 HIIT 18:00 - 18:30 - Fitness PILATES 18:00 - 18:55 - Studio 2 SPRINT 18:15 - 18:45 - Cycling B.ATTACK 19:00 - 19:55 - Studio 2 B.BALANCE 19:00 - 19:55 - Studio 2 RPM VIRTUAL 19:00 - 19:45 - Studio Cycling | ABDOMINALES 18:00 - 18:30 - Studio 1 CYCLING 18:00 - 18:45 - Cycling GLUTEUP 18:30 - 19:00 - Studio 1 B.PUMP 19:00 - 19:30 - Studio 1 HIIT 19:00 - 19:30 - Fitness YOGA 19:00 - 19:55 - Studio 2 B.COMBAT 19:30 - 20:00 - Studio 1 | B.PUMP 18:00 - 18:55 - Studio 1 RPM VIRTUAL 18:00 - 18:45 - Cycling | B.PUMP VIRTUAL 18:00 - 18:55 - Studio 1 RPM VIRTUAL 18:30 - 19:15 - Cycling | | |
| 19:00 | B.COMBAT VIRTUAL 19:00 - 19:55 - Studio 1 GRIT VIRTUAL 19:00 - 19:30 - Studio 2 | B.COMBAT VIRTUAL 19:00 - 19:55 - Studio 1 GRIT VIRTUAL 19:00 - 19:30 - Studio 2 | B.COMBAT VIRTUAL 19:00 - 19:55 - Studio 1 GRIT VIRTUAL 19:00 - 19:30 - Studio 2 | B.COMBAT VIRTUAL 19:00 - 19:55 - Studio 1 GRIT VIRTUAL 19:00 - 19:30 - Studio 2 | B.COMBAT VIRTUAL 19:00 - 19:55 - Studio 1 GRIT VIRTUAL 19:00 - 19:30 - Studio 2 | B.COMBAT VIRTUAL 19:00 - 19:55 - Studio 1 GRIT VIRTUAL 19:00 - 19:30 - Studio 2 | | |
| 20:00 | B.BALANCE 20:00 - 20:30 - Studio 1 YOGA 20:00 - 20:55 - Studio 2 RPM VIRTUAL 20:30 - 21:20 - Studio Cycling | BACHATA Y SALSA 20:00 - 20:55 - Studio 1 CARDIO-YOGA 20:00 - 20:55 - Studio 2 CYCLING 20:00 - 20:45 - Studio Cycling | BACHATA Y SALSA 20:00 - 20:55 - Studio 1 CARDIO-YOGA 20:00 - 20:55 - Studio 2 CYCLING 20:00 - 20:45 - Studio Cycling | B.BALANCE 20:00 - 20:30 - Studio 1 RPM VIRTUAL 20:00 - 20:45 - Cycling YOGA 20:00 - 20:55 - Studio 2 | RPM VIRTUAL 20:00 - 20:45 - Studio Cycling B.COMBAT VIRTUAL 20:30 - 21:25 - Studio 1 GRIT VIRTUAL 20:30 - 21:00 - Studio 2 | RPM VIRTUAL 20:00 - 20:45 - Studio Cycling B.COMBAT VIRTUAL 20:30 - 21:25 - Studio 1 GRIT VIRTUAL 20:30 - 21:00 - Studio 2 | | |

HORARIO de actividades dirigidas

Centro

YO10
sportclub

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|-------|--|--|---|---|--------|---------|
| 21:00 | | RPM VIRTUAL 21:30 - 22:20 - Studio Cycling | BACHATA Y SALSA 21:00 - 21:55 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 RPM VIRTUAL 21:30 - 22:15 - Studio Cycling | RPM VIRTUAL 21:00 - 21:45 - Studio " " B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1 | RPM VIRTUAL 21:00 - 21:45 - Cycling GRIT VIRTUAL 21:30 - 22:00 - Studio 1 LM CORE VIRT. 21:30 - 22:00 - Studio 2 | | |