

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00		SMART CYCLING 07:30 - 08:20 - ST2		RPM VIRTUAL 07:30 - 08:20 - ST2			
08:00	PILATES 08:00 - 08:50 - ST1	B. COMBAT VIRTUAL 08:30 - 09:20 - ST1	PILATES 08:00 - 08:50 - ST1	B. COMBAT VIRTUAL 08:30 - 09:20 - ST1	SH'BAM VIRTUAL 08:30 - 09:20 - ST1		
09:00	SMART CYCLING 09:00 - 09:50 - ST2		YOGA 09:30 - 10:20 - ST1				
	YOGA 09:30 - 10:20 - ST1						
10:00	B.PUMP 10:30 - 11:20 - ST1	B.BALANCE 10:00 - 10:50 - ST1	B.PUMP 10:30 - 11:20 - ST1	B.PUMP 10:00 - 10:50 - ST1	B.BALANCE 10:30 - 11:20 - ST1		
11:00	SMART CYCLING 11:30 - 12:20 - ST2	ZUMBA 11:30 - 12:20 - ST1	B.ATTACK 11:30 - 12:20 - ST1	ZUMBA 11:30 - 12:20 - ST1	SMART CYCLING 11:30 - 12:20 - ST2		
12:00	AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:00 - 12:50 - AQA
	B.COMBAT 12:30 - 13:20 - ST1	SMART CYCLING 12:30 - 13:20 - ST2	SMART CYCLING 12:30 - 13:20 - ST2	SMART CYCLING 12:30 - 13:20 - ST2			
13:00		B.PUMP 13:30 - 14:20 - ST1	B.COMBAT 13:30 - 14:20 - ST1				
15:00	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2			
17:00				B.COMBAT 17:30 - 18:20 - ST1	RPM VIRTUAL 17:30 - 18:20 - ST2		
18:00	ZUMBA 18:00 - 18:50 - ST1	B.BALANCE 18:00 - 18:50 - ST1	CROSSTRaining 18:00 - 18:30 - FIT				
			PILATES 18:00 - 18:50 - ST1				
19:00	B. COMBAT VIRTUAL 19:00 - 19:50 - ST1	AQUA GYM 19:00 - 19:50 - AQA	SMART CYCLING 19:00 - 19:50 - ST2	AQUA GYM 19:00 - 19:50 - AQA	B.PUMP 19:00 - 19:50 - ST1		
	SMART CYCLING 19:00 - 19:50 - ST2	B. COMBAT VIRTUAL 19:00 - 19:50 - ST1	ZUMBA 19:00 - 19:50 - ST1	CORE 19:00 - 19:30 - ST1			
	AQUA GYM 19:30 - 20:20 - AQA	CROSSTRaining 19:00 - 19:30 - FIT	AQUA GYM 19:30 - 20:20 - AQA	B. COMBAT VIRTUAL 19:30 - 20:20 - ST1			
		B.ATTACK 19:30 - 20:20 - ST1		CROSSTRaining 19:30 - 20:00 - FIT			
20:00	B.PUMP 20:00 - 20:50 - ST1	CORE 20:00 - 20:30 - FIT	B.COMBAT 20:00 - 20:50 - ST1	SMART CYCLING 20:00 - 20:50 - ST2	AQUA GYM 20:00 - 20:50 - AQA		
	SMART CYCLING 20:30 - 21:20 - ST2	YOGA 20:30 - 21:20 - ST1	SMART CYCLING 20:30 - 21:20 - ST2	YOGA 20:30 - 21:20 - ST1	B. COMBAT VIRTUAL 20:30 - 21:20 - ST1		
21:00	HIIT 21:30 - 22:20 - ST1	SMART CYCLING 21:00 - 21:50 - ST2	B.PUMP 21:00 - 21:50 - ST1				