

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2	RPM VIRTUAL 07:30 - 08:20 - ST2		
08:00	PILATES 08:00 - 08:50 - ST1	B.PUMP 08:00 - 08:50 - ST1	PILATES 08:00 - 08:50 - ST1	LM CORE VIRT. 08:00 - 08:30 - ST1	PUMP VIRTUAL 08:00 - 08:50 - ST1		
09:00	B. COMBAT VIRTUAL 09:00 - 09:50 - ST1	RPM VIRTUAL 09:00 - 09:50 - ST2	RPM VIRTUAL 09:00 - 09:50 - ST2	PUMP VIRTUAL 09:00 - 09:50 - ST1	RPM VIRTUAL 09:00 - 09:50 - ST2	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1
	RPM VIRTUAL 09:00 - 09:50 - ST2	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1	SH'BAM VIRTUAL 09:00 - 09:50 - ST1	RPM VIRTUAL 09:00 - 09:50 - ST2		RPM VIRTUAL 09:30 - 10:20 - ST2	RPM VIRTUAL 09:30 - 10:20 - ST2
10:00	B.PUMP 10:30 - 11:20 - ST1	RPM VIRTUAL 10:30 - 11:20 - ST2	B.PUMP 10:30 - 11:20 - ST1	CORE 10:30 - 11:00 - ST1	B. COMBAT VIRTUAL 10:00 - 10:50 - ST1	PUMP VIRTUAL 10:30 - 11:20 - ST1	B.BALANCE VIRT 10:30 - 11:20 - ST1
	RPM VIRTUAL 10:30 - 11:20 - ST2	YOGA 10:30 - 11:20 - ST1	RPM VIRTUAL 10:30 - 11:20 - ST2	RPM VIRTUAL 10:30 - 11:20 - ST2	RPM VIRTUAL 10:30 - 11:20 - ST2		
11:00	LM CORE VIRT. 11:30 - 12:00 - ST1	B.COMBAT 11:30 - 12:20 - ST1	B.BALANCE 11:30 - 12:20 - ST1	B.ATTACK 30 11:00 - 11:30 - ST1	HIIT 11:30 - 12:00 - ST1	PUMP VIRTUAL 11:30 - 12:20 - ST1	PUMP VIRTUAL 11:30 - 12:20 - ST1
	SMART CYCLING 11:30 - 12:20 - ST2			B. COMBAT VIRTUAL 11:30 - 12:20 - ST1		RPM VIRTUAL 11:30 - 12:20 - ST2	RPM VIRTUAL 11:30 - 12:20 - ST2
				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	CORE 12:00 - 12:30 - ST1	AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:00 - 12:50 - AQA
		RPM VIRTUAL 12:30 - 13:20 - ST2				B. COMBAT VIRTUAL 12:30 - 13:20 - ST1	LM CORE VIRT. 12:30 - 13:00 - ST1
13:00			SMART CYCLING 13:30 - 14:20 - ST2	RPM VIRTUAL 13:30 - 14:20 - ST2		LM CORE VIRT. 13:30 - 14:00 - ST1	
						RPM VIRTUAL 13:30 - 14:20 - ST2	
14:00	B. COMBAT VIRTUAL 14:00 - 14:50 - ST1	B.PUMP VIRTUAL 14:00 - 14:50 - ST1	B. COMBAT VIRTUAL 14:00 - 14:50 - ST1	B.BALANCE VIRT 14:00 - 14:50 - ST1	B.PUMP VIRTUAL 14:00 - 14:50 - ST1		
15:00	LM CORE VIRT. 15:00 - 15:45 - ST1	PUMP VIRTUAL 15:00 - 15:50 - ST1	LM CORE VIRT. 15:00 - 15:50 - ST1	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	RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2				
16:00	PUMP VIRTUAL 16:30 - 17:20 - ST1	SH'BAM VIRTUAL 16:30 - 17:20 - ST1	B.BALANCE VIRT 16:30 - 17:20 - ST1	RPM VIRTUAL 16:30 - 17:20 - ST2	RPM VIRTUAL 16:30 - 17:20 - ST2	SH'BAM VIRTUAL 16:30 - 17:20 - ST1	
	RPM VIRTUAL 16:30 - 17:20 - ST2		RPM VIRTUAL 16:30 - 17:20 - ST2				
18:00	YOGA 18:00 - 18:50 - ST1	B.BALANCE 18:00 - 18:50 - ST1	PUMP VIRTUAL 18:00 - 18:50 - ST1	B.PUMP 18:00 - 18:50 - ST1		PUMP VIRTUAL 18:00 - 18:50 - ST1	
			RPM VIRTUAL 18:00 - 18:50 - ST2	RPM VIRTUAL 18:00 - 18:50 - ST2			
19:00	AQUA GYM 19:00 - 19:50 - AQA	AQUA GYM 19:00 - 19:50 - AQA	AQUA GYM 19:00 - 19:50 - AQA	AQUA GYM 19:00 - 19:50 - AQA	B.PUMP 19:00 - 19:50 - ST1	B.COMBAT VIRT.30 19:00 - 19:30 - ST1	
	B. COMBAT VIRTUAL 19:00 - 19:50 - ST1	PUMP VIRTUAL 19:00 - 19:50 - ST1	PILATES 19:00 - 19:50 - ST1	CORE 19:00 - 19:30 - ST1			
	SMART CYCLING 19:00 - 19:50 - ST2	SMART CYCLING 19:00 - 19:50 - ST2	RPM VIRTUAL 19:00 - 19:50 - ST2	RPM VIRTUAL 19:00 - 19:50 - ST2			
20:00				HIIT 19:30 - 20:00 - ST1			
	B.PUMP 20:00 - 20:50 - ST1	RPM VIRTUAL 20:00 - 20:50 - ST2	B.COMBAT 20:00 - 20:50 - ST1	YOGA 20:00 - 20:50 - ST1	B. COMBAT VIRTUAL 20:00 - 20:50 - ST1		
		ZUMBA 20:00 - 20:50 - ST1	RPM VIRTUAL 20:00 - 20:50 - ST2	SMART CYCLING 20:30 - 21:20 - ST2			

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
21:00	LM CORE VIRT. 21:00 - 21:50 - ST1	B.BALANCE VIRT 21:00 - 21:50 - ST1	LM CORE VIRT. 21:00 - 21:50 - ST1				