

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	CORE 08:00 - 08:30 - ST1	PUMP VIRTUAL 08:00 - 08:50 - ST1		
09:00	B. COMBAT VIRTUAL 09:00 - 09:50 - ST1 SMART CYCLING 09:00 - 09:50 - ST2	RPM VIRTUAL 09:00 - 09:50 - ST2 YOGA 09:00 - 09:50 - ST1	B.COMBAT 09:00 - 09:50 - ST1 RPM VIRTUAL 09:00 - 09:50 - ST2	YOGA 09:00 - 09:50 - ST1	RPM VIRTUAL 09:00 - 09:50 - ST2	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1 RPM VIRTUAL 09:30 - 10:20 - ST2	B. COMBAT VIRTUAL 09:30 - 10:20 - ST1 RPM VIRTUAL 09:30 - 10:20 - ST2
10:00	GIMNASIA SUAVE 10:00 - 10:50 - ST3 RPM VIRTUAL 10:30 - 11:20 - ST2	PILATES SENIOR 10:00 - 10:50 - ST3 AQUA GYM 10:30 - 11:20 - AQA RPM VIRTUAL 10:30 - 11:20 - ST2	GIMNASIA SUAVE 10:00 - 10:50 - ST3 B.PUMP 10:30 - 11:20 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2	PILATES SENIOR 10:00 - 10:50 - ST3 AQUA GYM 10:30 - 11:20 - AQA RPM VIRTUAL 10:30 - 11:20 - ST2	B.BALANCE 10:30 - 11:20 - ST1 RPM VIRTUAL 10:30 - 11:20 - ST2		B. COMBAT VIRTUAL 10:30 - 11:20 - ST1
11:00	B.PUMP 11:00 - 11:50 - ST1	B.COMBAT 11:00 - 11:50 - ST1	SMART CYCLING 11:30 - 12:20 - ST2 ZUMBA 11:30 - 12:20 - ST1	CORE 11:00 - 11:30 - ST1 B. COMBAT VIRTUAL 11:30 - 12:20 - ST1	HIIT 11:30 - 12:00 - ST1	B.PUMP 11:00 - 11:50 - ST1 RPM VIRTUAL 11:30 - 12:20 - ST2	PUMP VIRTUAL 11:30 - 12:20 - ST1 RPM VIRTUAL 11:30 - 12:20 - ST2
12:00	SMART CYCLING 12:00 - 12:50 - ST2 AQUA GYM 12:30 - 13:20 - AQA	B.BALANCE 12:00 - 12:50 - ST1 AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA B. ATTACK 12:30 - 13:20 - ST1	SMART CYCLING 12:00 - 12:50 - ST2 AQUA GYM 12:30 - 13:20 - AQA	CORE 12:00 - 12:30 - ST1 AQUA GYM 12:30 - 13:20 - AQA	AQUA GYM 12:30 - 13:20 - AQA B. COMBAT VIRTUAL 12:30 - 13:20 - ST1	AQUA GYM 12:00 - 12:50 - AQA LM CORE VIRT. 12:30 - 13:00 - ST1 RPM VIRTUAL 12:30 - 13:20 - ST2
13:00	B. ATTACK 13:00 - 13:50 - ST1	SMART CYCLING 13:00 - 13:50 - ST1	B.PUMP 13:30 - 14:20 - ST1	B.BALANCE 13:00 - 13:50 - ST1 RPM VIRTUAL 13:30 - 14:20 - ST2	B.PUMP 13:30 - 14:20 - ST1	LM CORE VIRT. 13:30 - 14:00 - ST1 RPM VIRTUAL 13:30 - 14:20 - ST2	
14:00		CORE 14:00 - 14:30 - ST1		CROSSTRaining 14:00 - 14:30 - FIT			
15:00	LM CORE VIRT. 15:00 - 15:45 - ST1 RPM VIRTUAL 15:00 - 15:50 - ST2	PUMP VIRTUAL 15:00 - 15:50 - ST1 RPM VIRTUAL 15:00 - 15:50 - ST2	LM CORE VIRT. 15:00 - 15:50 - ST1 RPM VIRTUAL 15:00 - 15:50 - ST2	B. COMBAT VIRTUAL 15:00 - 15:50 - ST1 RPM VIRTUAL 15:00 - 15:50 - ST2	PUMP VIRTUAL 15:00 - 15:50 - ST1 RPM VIRTUAL 15:00 - 15:50 - ST2	RPM VIRTUAL 15:00 - 15:50 - ST2	
16:00	PUMP VIRTUAL 16:30 - 17:20 - ST1 RPM VIRTUAL 16:30 - 17:20 - ST2		B. BALANCE VIRT 16:30 - 17:20 - ST1 RPM VIRTUAL 16:30 - 17:20 - ST2	RPM VIRTUAL 16:30 - 17:20 - ST2	RPM VIRTUAL 16:30 - 17:20 - ST2		
18:00	SMART CYCLING 18:00 - 18:50 - ST2 YOGA 18:00 - 18:50 - ST1	B.BALANCE 18:00 - 18:50 - ST1 SMART CYCLING 18:00 - 18:50 - ST2	PILATES 18:00 - 18:50 - ST1 RPM VIRTUAL 18:00 - 18:50 - ST2	B.PUMP 18:00 - 18:50 - ST1 RPM VIRTUAL 18:00 - 18:50 - ST2		PUMP VIRTUAL 18:00 - 18:50 - ST1	
19:00	AQUA GYM 19:00 - 19:50 - AQA B.COMBAT 19:00 - 19:50 - ST1 RPM VIRTUAL 19:00 - 19:50 - ST2	AQUA GYM 19:00 - 19:50 - AQA ZUMBA 19:00 - 19:50 - ST1 SMART CYCLING 19:30 - 20:20 - ST2	AQUA GYM 19:00 - 19:50 - AQA RPM VIRTUAL 19:00 - 19:50 - ST2 ZUMBA 19:00 - 19:50 - ST1	AQUA GYM 19:00 - 19:50 - AQA CORE 19:00 - 19:30 - ST1 HIIT 19:30 - 20:00 - ST1 SMART CYCLING 19:30 - 20:20 - ST2	B.PUMP 19:00 - 19:50 - ST1	B.COMBAT VIRT.30 19:00 - 19:30 - ST1	

HORARIO de actividades dirigidas

Centro

YO10
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
20:00	B.PUMP 20:00 - 20:50 - ST1	B.ATTACK 20:30 - 21:20 - ST1	CORE 20:00 - 20:30 - ST1	YOGA 20:00 - 20:50 - ST1	B. COMBAT VIRTUAL 20:00 - 20:50 - ST1		
	SMART CYCLING 20:30 - 21:20 - ST2	RPM VIRTUAL 20:30 - 21:20 - ST2	B.COMBAT 20:30 - 21:20 - ST1 SMART CYCLING 20:30 - 21:20 - ST2		SMART CYCLING 20:00 - 20:50 - ST2		
21:00	ZUMBA 21:00 - 21:50 - ST1			B.PUMP VIRTUAL 21:00 - 21:50 - ST1			