

# HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1  REMO VIRTUAL 06:45 - 07:00 - Fitness	B.PUMP 06:45 - 07:30 - Studio 1  LM CORE VIRT. 06:45 - 07:15 - Studio 2  REMO VIRTUAL 06:45 - 07:00 - Fitness  RPM VIRTUAL 06:45 - 07:30 - Cycling	B.BALANCE VIRTUAL 06:45 - 07:30 - Studio 2  GRIT VIRTUAL 06:45 - 07:15 - Studio 1  REMO VIRTUAL 06:45 - 07:00 - Fitness  RPM VIRTUAL 06:45 - 07:30 - Cycling	CYCLING 06:45 - 07:30 - Cycling  LM CORE VIRT. 06:45 - 07:15 - Studio 2  REMO VIRTUAL 06:45 - 07:00 - Fitness	B.PUMP VIRTUAL 06:45 - 07:30 - Studio 1  REMO VIRTUAL 06:45 - 07:00 - Fitness		
07:00	RPM VIRTUAL 07:00 - 07:45 - Cycling				RPM VIRTUAL 07:00 - 07:45 - Cycling		
08:00	GRIT VIRTUAL 08:00 - 08:30 - Studio 1  RPM VIRTUAL 08:30 - 09:10 - Cycling	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2  RPM VIRTUAL 08:15 - 09:00 - Cycling  B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:25 - Studio 1  RPM VIRTUAL 08:30 - 09:15 - Cycling	B.COMBAT VIRTUAL 08:00 - 08:45 - Studio 2  RPM VIRTUAL 08:15 - 09:00 - Cycling  B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:30 - Studio 1  B.BALANCE VIRTUAL 08:30 - 09:15 - Studio 2  RPM VIRTUAL 08:30 - 09:15 - Cycling		
09:00	LM CORE VIRT. 09:00 - 09:20 - Studio 2  B.PUMP 09:30 - 10:25 - Studio 1  REMO VIRTUAL 09:30 - 09:45 - Fitness  RPM VIRTUAL 09:30 - 10:25 - Cycling	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2  B.COMBAT 09:30 - 10:25 - Studio 1  REMO VIRTUAL 09:30 - 09:45 - Fitness	LM CORE VIRT. 09:00 - 09:20 - Studio 2  B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1  CYCLING 09:30 - 10:25 - Cycling  REMO VIRTUAL 09:30 - 09:45 - Fitness	B.ATTACK 09:30 - 10:25 - Studio 1  B.BALANCE VIRTUAL 09:30 - 10:25 - Studio 2  REMO VIRTUAL 09:30 - 09:45 - Fitness	B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1  CYCLING 09:30 - 10:25 - Cycling  REMO VIRTUAL 09:30 - 09:45 - Fitness	RPM VIRTUAL 09:30 - 10:15 - Cycling  REMO VIRTUAL 09:45 - 10:00 - Fitness	RPM VIRTUAL 09:30 - 10:15 - Cycling  REMO VIRTUAL 09:45 - 10:00 - Fitness
10:00	B.PUMP VIRTUAL 10:30 - 11:25 - Studio 1  CYCLING 10:30 - 11:25 - Cycling  GRIT VIRTUAL 10:30 - 10:55 - Studio 2  KINESIS-CORE 10:30 - 11:15 - Fitness	RPM VIRTUAL 10:00 - 10:45 - Cycling  GRIT 10:30 - 11:00 - Studio 1  PUMP VIRTUAL 10:30 - 11:20 - Studio 2	B.BALANCE VIRTUAL 10:30 - 11:25 - Studio 2  GRIT VIRTUAL 10:30 - 11:00 - Studio 1  KINESIS-CORE 10:30 - 11:15 - Fitness  RPM VIRTUAL 10:30 - 11:15 - Cycling	RPM VIRTUAL 10:00 - 10:45 - Cycling  B.PUMP 10:30 - 11:25 - Studio 1	B.BALANCE VIRTUAL 10:30 - 11:25 - Studio 2  P13FIT 10:30 - 11:25 - Studio 1  RPM VIRTUAL 10:30 - 11:25 - Cycling	PUMP VIRTUAL 10:30 - 11:25 - Studio 2	GRIT VIRTUAL 10:00 - 10:55 - Studio 2  B.PUMP VIRTUAL 10:30 - 11:20 - Studio 1
11:00	LM CORE VIRT. 11:30 - 11:50 - Studio 1  RPM VIRTUAL 11:30 - 12:15 - Cycling  YOGA 11:30 - 12:25 - Studio 2	LES MILLS CORE 11:00 - 11:30 - Studio 1  PILATES 11:30 - 12:25 - Studio 2  RPM VIRTUAL 11:30 - 12:15 - Cycling	LM CORE VIRT. 11:00 - 11:30 - Studio 1  RPM VIRTUAL 11:30 - 12:15 - Cycling  YOGA 11:30 - 12:25 - Studio 2	B.COMBAT VIRTUAL 11:30 - 12:25 - Studio 1  PILATES 11:30 - 12:25 - Studio 2  RPM VIRTUAL 11:30 - 12:15 - Cycling	B.BALANCE 11:30 - 12:25 - Studio 2  LM CORE VIRT. 11:30 - 11:50 - Studio 1  RPM VIRTUAL 11:30 - 12:15 - Cycling	CYCLING 11:30 - 12:25 - Cycling  REMO VIRTUAL 11:30 - 11:45 - Fitness	RPM VIRTUAL 11:00 - 11:45 - Cycling  B.BALANCE VIRTUAL 11:30 - 12:25 - Studio 2  REMO VIRTUAL 11:30 - 11:45 - Fitness
12:00	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1  REMO VIRTUAL 12:30 - 12:45 - Fitness	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 1  REMO VIRTUAL 12:30 - 12:45 - Fitness	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1  REMO VIRTUAL 12:30 - 12:45 - Fitness	REMO VIRTUAL 12:30 - 12:45 - Fitness	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1  REMO VIRTUAL 12:30 - 12:45 - Fitness	B.BALANCE VIRTUAL 12:00 - 12:55 - Studio 2  RPM VIRTUAL 12:30 - 13:15 - Cycling	B.COMBAT VIRTUAL 12:00 - 12:50 - Studio 1  RPM VIRTUAL 12:30 - 13:15 - Cycling
13:00	LM CORE VIRT. 13:00 - 13:20 - Studio 2  RPM VIRTUAL 13:00 - 13:45 - Cycling	GRIT VIRTUAL 13:00 - 13:25 - Studio 2  RPM VIRTUAL 13:00 - 13:45 - Cycling  LM CORE VIRT. 13:30 - 13:50 - Studio 1	LM CORE VIRT. 13:00 - 13:20 - Studio 2  RPM VIRTUAL 13:00 - 13:45 - Cycling	GRIT VIRTUAL 13:00 - 13:25 - Studio 2  RPM VIRTUAL 13:00 - 13:45 - Cycling  LM CORE VIRT. 13:30 - 14:00 - Studio 1	B.COMBAT VIRTUAL 13:00 - 13:45 - Studio 2  RPM VIRTUAL 13:00 - 13:45 - Cycling	LM CORE VIRT. 13:00 - 13:30 - Studio 2  REMO VIRTUAL 13:00 - 13:15 - Fitness	LM CORE VIRT. 13:00 - 13:30 - Studio 2  REMO VIRTUAL 13:00 - 13:15 - Fitness  B.PUMP VIRTUAL 13:30 - 14:20 - Studio 1

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
14:00	GRIT VIRTUAL 14:00 - 14:30 - Studio 2	LM CORE VIRT. 14:00 - 14:30 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2	LM CORE VIRT. 14:00 - 14:30 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2	GRIT VIRTUAL 14:00 - 14:30 - Studio 2
	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	RPM VIRTUAL 14:00 - 14:45 - Cycling	RPM VIRTUAL 14:00 - 14:45 - Cycling
	B. ATTACK 14:30 - 15:20 - Studio 1	B. BALANCE VIRTUAL 14:30 - 15:15 - Studio 2	B. BALANCE VIRTUAL 14:30 - 15:15 - Studio 2	B. COMBAT VIRTUAL 14:30 - 15:15 - Studio 2	B. BALANCE VIRTUAL 14:30 - 15:15 - Studio 2	REMO VIRTUAL 14:30 - 14:45 - Fitness	
	B. PUMP VIRTUAL 14:30 - 15:15 - Studio 2	B. PUMP 14:30 - 15:15 - Studio 1	B. PUMP VIRTUAL 14:30 - 15:15 - Studio 1	GRIT 14:30 - 15:00 - Studio 1	B. PUMP VIRTUAL 14:30 - 15:15 - Studio 1		
15:00	RPM VIRTUAL 14:30 - 15:15 - Cycling	RPM VIRTUAL 14:30 - 15:15 - Cycling	CYCLING 14:30 - 15:15 - Cycling	RPM VIRTUAL 14:30 - 15:15 - Cycling	RPM VIRTUAL 14:30 - 15:15 - Cycling		
	B. PUMP VIRTUAL 15:30 - 16:15 - Studio 1	GRIT VIRTUAL 15:30 - 16:00 - Studio 2	B. PUMP VIRTUAL 15:30 - 16:15 - Studio 1	LES MILLS CORE 15:00 - 15:30 - Studio 1	B. COMBAT VIRTUAL 15:30 - 16:15 - Studio 2	B. PUMP VIRTUAL 15:00 - 15:55 - Studio 2	
16:00	LM CORE VIRT. 15:30 - 16:00 - Studio 2	RPM VIRTUAL 15:30 - 16:15 - Cycling	LM CORE VIRT. 15:30 - 16:00 - Studio 2	GRIT VIRTUAL 15:30 - 16:00 - Studio 2	LM CORE VIRT. 15:30 - 16:00 - Studio 1	RPM VIRTUAL 15:30 - 16:15 - Cycling	
	RPM VIRTUAL 16:00 - 16:45 - Cycling	B. PUMP VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Cycling	B. PUMP VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Cycling		
17:00	GRIT VIRTUAL 16:30 - 17:00 - Studio 2	LM CORE VIRT. 16:30 - 17:00 - Studio 2	REMO VIRTUAL 16:30 - 16:45 - Fitness	LM CORE VIRT. 16:30 - 17:00 - Studio 2	GRIT VIRTUAL 16:30 - 17:00 - Studio 1		
	REMO VIRTUAL 16:30 - 16:45 - Fitness	REMO VIRTUAL 16:30 - 16:45 - Fitness		REMO VIRTUAL 16:30 - 16:45 - Fitness	REMO VIRTUAL 16:30 - 16:45 - Fitness		
18:00	B. COMBAT VIRTUAL 17:00 - 17:45 - Studio 2	GRIT VIRTUAL 17:00 - 17:25 - Studio 2	B. COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	GRIT VIRTUAL 17:00 - 17:25 - Studio 2	B. COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	B. BALANCE VIRTUAL 17:00 - 17:55 - Studio 2	
	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Cycling	
19:00	B. BALANCE VIRTUAL 17:30 - 18:15 - Studio 2	B. COMBAT VIRTUAL 17:30 - 18:15 - Studio 1		B. COMBAT VIRTUAL 17:30 - 18:15 - Studio 1	B. COMBAT VIRTUAL 17:30 - 18:15 - Studio 1	REMO VIRTUAL 17:30 - 17:45 - Fitness	
	REMO VIRTUAL 18:00 - 18:15 - Fitness	B. BALANCE VIRTUAL 18:00 - 18:45 - Studio 2	REMO VIRTUAL 18:00 - 18:15 - Fitness	B. BALANCE VIRTUAL 18:00 - 18:45 - Studio 2	B. BALANCE VIRTUAL 18:00 - 18:45 - Studio 2	RPM VIRTUAL 18:30 - 19:15 - Cycling	
	B. PUMP 18:30 - 19:25 - Studio 1	REMO VIRTUAL 18:00 - 18:15 - Fitness	B. PUMP 18:30 - 19:25 - Studio 1	REMO VIRTUAL 18:00 - 18:15 - Fitness	REMO VIRTUAL 18:00 - 18:15 - Fitness		
	PILATES 18:30 - 19:25 - Studio 2	CYCLING 18:30 - 19:25 - Cycling	PILATES 18:30 - 19:25 - Studio 2	CYCLING 18:30 - 19:25 - Cycling	B. PUMP 18:30 - 19:25 - Studio 1		
20:00	RPM VIRTUAL 18:30 - 19:15 - Cycling	P13FIT 18:30 - 19:25 - Studio 1	RPM VIRTUAL 18:30 - 19:15 - Cycling		RPM VIRTUAL 18:30 - 19:15 - Cycling		
	B. COMBAT 19:30 - 20:25 - Studio 1	LES MILLS CORE 19:00 - 19:30 - Studio 1	B. BALANCE 19:30 - 20:25 - Studio 2	LES MILLS CORE 19:00 - 19:30 - Studio 1	B. COMBAT 19:30 - 20:25 - Studio 1	GRIT VIRTUAL 19:00 - 19:30 - Studio 2	
21:00	CYCLING 19:30 - 20:25 - Cycling	B. PUMP 19:30 - 20:25 - Studio 1	B. COMBAT VIRTUAL 19:30 - 20:15 - Studio 1	B. COMBAT 19:30 - 20:25 - Studio 1	LM CORE VIRT. 19:30 - 20:00 - Studio 2		
		RPM VIRTUAL 19:30 - 20:15 - Cycling	CYCLING 19:30 - 20:25 - Cycling	RPM VIRTUAL 19:30 - 20:15 - Cycling	RPM VIRTUAL 19:30 - 20:15 - Cycling		
22:00	YOGA 19:30 - 20:25 - Studio 2	YOGA 19:30 - 20:25 - Studio 2	HIIT 19:30 - 20:15 - Fitness	YOGA 19:30 - 20:25 - Studio 2			
	B. BALANCE VIRTUAL 20:00 - 20:45 - Studio 2	B. ATTACK 20:30 - 21:25 - Studio 1	B. PUMP VIRTUAL 20:30 - 21:15 - Studio 2	B. BALANCE VIRTUAL 20:30 - 21:15 - Studio 2	GRIT VIRTUAL 20:30 - 21:00 - Studio 2		
23:00	GRIT 20:30 - 21:00 - Studio 1	B. BALANCE VIRTUAL 20:30 - 21:25 - Studio 2	LES MILLS CORE 20:30 - 21:00 - Studio 1	B. PUMP 20:30 - 21:25 - Studio 1	REMO VIRTUAL 20:30 - 20:45 - Fitness		
	REMO VIRTUAL 20:30 - 20:45 - Fitness	REMO VIRTUAL 20:30 - 20:45 - Fitness	REMO VIRTUAL 20:30 - 20:45 - Fitness	REMO VIRTUAL 20:30 - 20:45 - Fitness	RPM VIRTUAL 20:30 - 21:15 - Cycling		
24:00	RPM VIRTUAL 20:30 - 21:15 - Cycling	RPM VIRTUAL 20:30 - 21:15 - Cycling	RPM VIRTUAL 20:30 - 21:15 - Cycling	RPM VIRTUAL 20:30 - 21:15 - Cycling			

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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
21:00	<p><b>LES MILLS CORE</b> 21:00 - 21:30 - Studio 1</p> <p>LM CORE VIRT. 21:30 - 22:00 - Studio 2</p> <p>RPM VIRTUAL 21:30 - 22:15 - Cycling</p>	<p>B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1</p> <p>RPM VIRTUAL 21:30 - 22:15 - Cycling</p>	<p>B.COMBAT VIRTUAL 21:30 - 22:15 - Studio 1</p> <p>LM CORE VIRT. 21:30 - 22:00 - Studio 2</p> <p>RPM VIRTUAL 21:30 - 22:15 - Cycling</p>	<p>B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1</p> <p>RPM VIRTUAL 21:30 - 22:15 - Cycling</p>	<p>GRIT VIRTUAL 21:30 - 22:00 - Studio 1</p> <p>LM CORE VIRT. 21:30 - 22:00 - Studio 2</p> <p>RPM VIRTUAL 21:30 - 22:15 - Cycling</p>		