

# 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	LM CORE VIRT. 06:45 - 07:15 - Studio 2  REMO VIRTUAL 06:45 - 07:00 - Fitness  RPM VIRTUAL 06:45 - 07:30 - Cycling		LM CORE VIRT. 06:45 - 07:15 - Studio 2  REMO VIRTUAL 06:45 - 07:00 - Fitness  RPM VIRTUAL 06:45 - 07:30 - Cycling	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		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 - 10:15 - Studio 1  BODYPUMP LIVE 09:30 - 10:15 - Studio 1  REMO VIRTUAL 09:30 - 09:45 - Fitness	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2  B.COMBAT 09:30 - 10:15 - Studio 1  BODYCOMBAT LIVE 09:30 - 10:15 - Studio 1  REMO VIRTUAL 09:30 - 09:45 - Fitness	RPM VIRTUAL 09:30 - 10:15 - Cycling  REMO VIRTUAL 09:45 - 10:00 - Fitness	B.BALANCE VIRTUAL 09:30 - 10:15 - Studio 2  REMO VIRTUAL 09:30 - 09:45 - Fitness	B.PUMP VIRTUAL 09:30 - 10:15 - Studio 1  REMO VIRTUAL 09:30 - 09:45 - Fitness  RPM VIRTUAL 09:30 - 10:15 - Cycling	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	CYCLING 10:30 - 11:15 - Cycling  GRIT VIRTUAL 10:30 - 10:55 - Studio 2	RPM VIRTUAL 10:00 - 10:45 - Cycling  B.PUMP VIRTUAL 10:30 - 11:15 - Studio 2  GRIT 10:30 - 10:55 - Studio 1  GRIT LIVE 10:30 - 11:00 - Studio 1	GRIT VIRTUAL 10:00 - 10:30 - Studio 2  B.PUMP VIRTUAL 10:30 - 11:15 - Studio 1	RPM VIRTUAL 10:00 - 10:45 - Cycling  B.PUMP 10:30 - 11:15 - Studio 1  BODYPUMP LIVE 10:30 - 11:15 - Studio 1	B.BALANCE VIRTUAL 10:30 - 11:15 - Studio 2  CYCLING 10:30 - 11:15 - Cycling	B.PUMP 10:30 - 11:15 - Studio 1  BODYPUMP LIVE 10:30 - 11:15 - Studio 1	B.PUMP VIRTUAL 10:30 - 11:15 - Studio 1
11:00	B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2  LM CORE VIRT. 11:30 - 11:50 - Studio 1  RPM VIRTUAL 11:30 - 12:15 - Cycling	LES MILLS CORE 11:00 - 11:25 - Studio 1  LM CORE LIVE 11:00 - 11:30 - Studio 1  RPM VIRTUAL 11:30 - 12:15 - Cycling  YOGA 11:30 - 12:15 - Studio 1  YOGA LIVE 11:30 - 12:15 - Studio 1	RPM VIRTUAL 11:00 - 11:45 - Cycling  B.BALANCE VIRTUAL 11:30 - 12:15 - Studio 2  REMO VIRTUAL 11:30 - 11:45 - Fitness	RPM VIRTUAL 11:30 - 12:15 - Cycling  YOGA 11:30 - 12:15 - Studio 1  YOGA LIVE 11:30 - 12:15 - Studio 1	RPM VIRTUAL 11:00 - 11:45 - Cycling  LM CORE VIRT. 11:30 - 11:50 - Studio 1	CYCLING 11:30 - 12:15 - Cycling  REMO VIRTUAL 11:30 - 11:45 - Fitness	RPM VIRTUAL 11:00 - 11:45 - Cycling  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 2  REMO VIRTUAL 12:30 - 12:45 - Fitness	RPM VIRTUAL 12:30 - 13:15 - Cycling	B.COMBAT VIRTUAL 12:00 - 12:45 - Studio 2  REMO VIRTUAL 12:30 - 12:45 - Fitness	B.PUMP VIRTUAL 12:30 - 13:15 - Studio 1  REMO VIRTUAL 12:30 - 12:45 - Fitness	RPM VIRTUAL 12:30 - 13:15 - Cycling	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 - 13:30 - Studio 2  REMO VIRTUAL 13:00 - 13:15 - Fitness	GRIT VIRTUAL 13:00 - 13:25 - Studio 2  RPM VIRTUAL 13:00 - 13:45 - Cycling  LM CORE VIRT. 13:30 - 13:50 - Studio 1	B.COMBAT VIRTUAL 13:00 - 13:45 - Studio 2  RPM VIRTUAL 13:00 - 13:45 - Cycling	REMO VIRTUAL 13:00 - 13:15 - Fitness	REMO VIRTUAL 13:00 - 13:15 - Fitness

# HORARIO de actividades dirigidas

Centro

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	RPM VIRTUAL 14:00 - 14:45 - Cycling	RPM VIRTUAL 14:00 - 14:45 - Cycling
	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	RPM VIRTUAL 14:00 - 14:45 - Cycling	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:15 - 14:30 - Fitness	REMO VIRTUAL 14:30 - 14:45 - Fitness	
	B.ATTACK 14:30 - 15:15 - Studio 1	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		
	B.PUMP VIRTUAL 14:30 - 15:15 - Studio 2	B.PUMP 14:30 - 15:15 - Studio 1		GRIT 14:30 - 14:55 - Studio 1	B.PUMP VIRTUAL 14:30 - 15:15 - Studio 1		
	BODYATTACK LIVE 14:30 - 15:15 - Studio 1	BODYPUMP LIVE 14:30 - 15:15 - Studio 1		GRIT LIVE 14:30 - 15:00 - Studio 1	RPM VIRTUAL 14:30 - 15:15 - Cycling		
RPM VIRTUAL 14:30 - 15:15 - Cycling	RPM VIRTUAL 14:30 - 15:15 - Cycling		RPM VIRTUAL 14:30 - 15:15 - Cycling				
15:00	B.PUMP VIRTUAL 15:30 - 16:15 - Studio 1	GRIT VIRTUAL 15:30 - 16:00 - Studio 2		LES MILLS CORE 15:00 - 15:25 - Studio 1	B.COMBAT VIRTUAL 15:30 - 16:15 - Studio 2	B.COMBAT VIRTUAL 15:00 - 15:45 - Studio 1	
	LM CORE VIRT. 15:30 - 16:00 - Studio 2	RPM VIRTUAL 15:30 - 16:15 - Cycling		LM CORE LIVE 15:00 - 15:30 - Studio 1	LM CORE VIRT. 15:30 - 16:00 - Studio 1	RPM VIRTUAL 15:30 - 16:15 - Cycling	
16:00	RPM VIRTUAL 16:00 - 16:45 - Cycling	B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1		GRIT VIRTUAL 15:30 - 16:00 - Studio 2	RPM VIRTUAL 16:00 - 16:45 - Cycling	LM CORE VIRT. 16:30 - 16:50 - Studio 1	
	GRIT VIRTUAL 16:30 - 17:00 - Studio 2	LM CORE VIRT. 16:30 - 17:00 - Studio 2		RPM VIRTUAL 15:30 - 16:15 - Cycling	GRIT VIRTUAL 16:30 - 17:00 - Studio 1		
	REMO VIRTUAL 16:30 - 16:45 - Fitness	REMO VIRTUAL 16:30 - 16:45 - Fitness		B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1	REMO VIRTUAL 16:30 - 16:45 - Fitness		
17:00	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 2	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1		LM CORE VIRT. 16:30 - 17:00 - Studio 2	REMO VIRTUAL 16:30 - 16:45 - Fitness	RPM VIRTUAL 17:00 - 17:45 - Cycling	
	RPM VIRTUAL 17:00 - 17:45 - Cycling	GRIT VIRTUAL 17:00 - 17:25 - Studio 2		GRIT VIRTUAL 17:00 - 17:25 - Studio 2	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	REMO VIRTUAL 17:30 - 17:45 - Fitness	
	B.BALANCE VIRTUAL 17:30 - 18:15 - Studio 2	RPM VIRTUAL 17:00 - 17:45 - Cycling		RPM VIRTUAL 17:00 - 17:45 - Cycling	RPM VIRTUAL 17:00 - 17:45 - Studio 1		
18:00	B.PUMP 18:00 - 18:45 - Studio 1	B.BALANCE VIRTUAL 18:00 - 18:45 - Studio 2		B.BALANCE VIRTUAL 18:00 - 18:45 - Studio 2	LM CORE VIRT. 18:00 - 18:30 - Studio 1	B.PUMP VIRTUAL 18:00 - 18:45 - Studio 1	
	BODYPUMP LIVE 18:00 - 18:45 - Studio 1	CYCLING 18:00 - 18:45 - Cycling		B.PUMP VIRTUAL 18:00 - 18:45 - Studio 1	REMO VIRTUAL 18:00 - 18:15 - Fitness	RPM VIRTUAL 18:30 - 19:15 - Cycling	
	REMO VIRTUAL 18:00 - 18:15 - Fitness	REMO VIRTUAL 18:00 - 18:15 - Fitness		CYCLING 18:00 - 18:45 - Cycling	RPM VIRTUAL 18:00 - 18:45 - Cycling		
	RPM VIRTUAL 18:00 - 18:45 - Cycling	GRIT 18:30 - 19:00 - Studio 1		REMO VIRTUAL 18:00 - 18:15 - Fitness	YOGA 18:00 - 18:45 - Studio 2		
	YOGA 18:30 - 19:15 - Studio 2	GRIT LIVE 18:30 - 19:00 - Studio 1					
19:00	B.ATTACK 19:00 - 19:45 - Studio 1	B.COMBAT 19:00 - 19:45 - Studio 1		B.COMBAT 19:00 - 19:45 - Studio 1	B.PUMP 19:00 - 19:45 - Studio 1	B.COMBAT VIRTUAL 19:00 - 19:45 - Studio 1	
	BODYATTACK LIVE 19:00 - 19:45 - Studio 1	BODYCOMBAT LIVE 19:00 - 19:45 - Studio 1		BODYCOMBAT LIVE 19:00 - 19:45 - Studio 1	BODYPUMP LIVE 19:00 - 19:45 - Studio 1		
	RPM VIRTUAL 19:00 - 19:45 - Cycling	LM CORE VIRT. 19:00 - 19:30 - Studio 2		GRIT VIRTUAL 19:00 - 19:30 - Studio 2	GRIT VIRTUAL 19:00 - 19:30 - Studio 2		
	RPM VIRTUAL 19:00 - 19:45 - Cycling		RPM VIRTUAL 19:00 - 19:45 - Cycling	RPM VIRTUAL 19:00 - 19:45 - Cycling			