

HORARIO de actividades dirigidas

Centro

Horario Completo

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	B.PUMP VIRTUAL 06:45 - 07:40 - Studio 1	GRIT VIRTUAL 06:45 - 07:15 - Studio 1 LM CORE VIRT. 06:45 - 07:15 - Studio 2 RPM VIRTUAL 06:45 - 07:30 - Studio Cycling	B.BALANCE VIRT 06:45 - 07:40 - Studio 2 GRIT VIRTUAL 06:45 - 07:15 - Studio 1 RPM VIRTUAL 06:45 - 07:30 - Studio Cycling	GRIT VIRTUAL 06:45 - 07:15 - Studio 1 LM CORE VIRT. 06:45 - 07:15 - Studio 2 RPM VIRTUAL 06:45 - 07:30 - Cycling	B.PUMP VIRTUAL 06:45 - 07:40 - Studio 1		
07:00	RPM VIRTUAL 07:00 - 07:45 - Cycling				RPM VIRTUAL 07:00 - 07:45 - Studio ~ "		
08:00	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B. COMBAT VIRTUAL 08:30 - 09:25 - Studio 1 RPM VIRTUAL 08:30 - 09:15 - Cycling	B. COMBAT VIRTUAL 08:00 - 08:50 - Studio 2 RPM VIRTUAL 08:15 - 09:05 - Studio ~ " B.PUMP VIRTUAL 08:30 - 09:20 - Studio 1	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 RPM VIRTUAL 08:30 - 09:15 - Studio Cycling	B. COMBAT VIRTUAL 08:00 - 08:55 - Studio 2 RPM VIRTUAL 08:15 - 09:05 - Studio ~ " B.PUMP VIRTUAL 08:30 - 09:15 - Studio 1	GRIT VIRTUAL 08:00 - 08:30 - Studio 1 B. COMBAT VIRTUAL 08:30 - 09:25 - Studio 1 B.BALANCE VIRT 08:30 - 09:25 - Studio 2 RPM VIRTUAL 08:30 - 09:15 - Studio ~ "		
09:00	LM CORE VIRT. 09:00 - 09:30 - Studio 2 B.PUMP 09:30 - 10:25 - Studio 1 RPM VIRTUAL 09:30 - 10:15 - Cycling	B.BALANCE VIRTUAL 09:30 - 10:20 - Studio 2 B.COMBAT 09:30 - 10:25 - Studio 1 B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1	LM CORE VIRT. 09:00 - 09:30 - Studio 2 B.PUMP VIRTUAL 09:30 - 10:25 - Studio 1 CYCLING 09:30 - 10:15 - Studio Cycling	B. COMBAT VIRTUAL 09:30 - 10:25 - Studio 1 B.BALANCE VIRTUAL 09:30 - 10:25 - Studio 2 HIIT 09:30 - 10:00 - Fitness RPM VIRTUAL 09:30 - 10:15 - Studio Cycling	B.PUMP VIRTUAL 09:30 - 10:25 - Studio 2 SPRINT 09:30 - 10:00 - Cycling	RPM VIRTUAL 09:30 - 10:15 - Studio Cycling	RPM VIRTUAL 09:30 - 10:20 - Studio Cycling
10:00	CYCLING 10:30 - 11:15 - Cycling GRIT VIRTUAL 10:30 - 11:00 - Studio 2 HIIT 10:30 - 11:00 - Fitness	RPM VIRTUAL 10:00 - 10:50 - Cycling GRIT 10:30 - 11:00 - Studio 1 STRETCHING 10:30 - 11:25 - Studio 2	B. COMBAT VIRTUAL 10:30 - 11:25 - Studio 1 B.BALANCE 10:30 - 11:25 - Studio 2 KINESIS-CORE 10:30 - 11:15 - Fitness RPM VIRTUAL 10:30 - 11:15 - Studio Cycling	B.PUMP 10:30 - 11:25 - Studio 1 RPM VIRTUAL 10:30 - 11:15 - Studio Cycling	ABDOMINALES 10:00 - 10:20 - Studio 1 B. COMBAT VIRTUAL 10:30 - 11:25 - Studio 1 B.BALANCE VIRTUAL 10:30 - 11:25 - Studio 2 HIIT 10:30 - 11:00 - Fitness RPM VIRTUAL 10:30 - 11:15 - Cycling	B.PUMP 10:30 - 11:25 - Studio 1	GRIT VIRTUAL 10:00 - 10:30 - Studio 2
11:00	LM CORE VIRT. 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Cycling YOGA 11:30 - 12:25 - Studio 2	ABDOMINALES 11:00 - 11:30 - Studio 1 PILATES 11:30 - 12:25 - Studio 2 RPM VIRTUAL 11:30 - 12:20 - Studio ~ " RPM VIRTUAL 11:30 - 12:25 - Studio 2	GLUTEUP 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Studio ~ " YOGA 11:30 - 12:25 - Studio 2	PILATES 11:30 - 12:25 - Studio 2 RPM VIRTUAL 11:30 - 12:20 - Studio Cycling	CARDIO-YOGA 11:30 - 12:25 - Studio 2 LM CORE VIRT. 11:30 - 12:00 - Studio 1 RPM VIRTUAL 11:30 - 12:15 - Studio ~ "	B.BALANCE VIRT 11:30 - 12:25 - Studio 2 CYCLING 11:30 - 12:15 - Studio Cycling	RPM VIRTUAL 11:00 - 11:50 - Studio ~ " B.BALANCE VIRT 11:30 - 12:25 - Studio 2
12:00	B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1 LM CORE VIRT. 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Cycling	B.COMBAT VIRTUAL 12:00 - 12:50 - Studio 1 GRIT VIRTUAL 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio ~ " LM CORE VIRT. 13:30 - 14:00 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1 LM CORE VIRT. 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Studio Cycling	B.COMBAT VIRTUAL 12:00 - 12:50 - Studio 1 GRIT VIRTUAL 13:00 - 13:30 - Studio 2 RPM VIRTUAL 13:00 - 13:50 - Studio ~ " LM CORE VIRT. 13:30 - 14:00 - Studio 1	B.PUMP VIRTUAL 12:30 - 13:25 - Studio 1 B. COMBAT VIRTUAL 13:00 - 13:55 - Studio 2 RPM VIRTUAL 13:00 - 13:45 - Studio Cycling	RPM VIRTUAL 12:30 - 13:15 - Studio ~ " LM CORE VIRT. 13:00 - 13:30 - Studio 2	RPM VIRTUAL 12:30 - 13:20 - Studio ~ " LM CORE VIRT. 13:00 - 13:30 - Studio 2
13:00							

HORARIO de actividades dirigidas

Centro

YO10
sportclub

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
	HIIT 14:00 - 14:30 - Fitness	B.BALANCE VIRT 14:30 - 15:20 - Studio 2	HIIT 14:00 - 14:30 - Fitness	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 2	B.BALANCE VIRTUAL 14:30 - 15:25 - Studio 2	RPM VIRTUAL 14:00 - 14:45 - Studio <i>Cycling</i>	RPM VIRTUAL 14:00 - 14:50 - Studio <i>Cycling</i>
	LM CORE VIRT. 14:00 - 14:30 - Studio 1	B.PUMP 14:30 - 15:25 - Studio 1	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1	GRIT VIRTUAL 14:30 - 15:00 - Studio 1	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 1		
	B.COMBAT VIRTUAL 14:30 - 15:00 - Studio 1	RPM VIRTUAL 14:30 - 15:20 - Studio <i>Cycling</i>	CYCLING 14:30 - 15:15 - Cycling	HIIT 14:30 - 15:15 - Fitness	RPM VIRTUAL 14:30 - 15:15 - Studio <i>Cycling</i>		
	B.PUMP VIRTUAL 14:30 - 15:25 - Studio 2		LM CORE VIRT. 14:30 - 15:15 - Studio 2	RPM VIRTUAL 14:30 - 15:20 - Studio <i>Cycling</i>			
15:00	SPRINT 14:30 - 15:00 - Cycling						
	ABDOMINALES 15:00 - 15:20 - Studio 1	GRIT VIRTUAL 15:30 - 16:00 - Studio 2	B.PUMP VIRTUAL 15:30 - 16:25 - Studio 1	LM CORE VIRT. 15:00 - 15:30 - Studio 1	B.PUMP VIRTUAL 15:30 - 16:30 - Studio 2	PUMP VIRTUAL 15:30 - 16:25 - Studio 2	
	B.PUMP VIRTUAL 15:30 - 16:25 - Studio 1	RPM VIRTUAL 15:30 - 16:20 - Studio <i>Cycling</i>	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 - 16:00 - Cycling	
16:00	LM CORE VIRT. 15:30 - 16:00 - Studio 2			RPM VIRTUAL 15:30 - 16:20 - Studio <i>Cycling</i>			
	RPM VIRTUAL 16:00 - 16:45 - Studio <i>Cycling</i>	B.PUMP VIRTUAL 16:00 - 16:50 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Studio <i>Cycling</i>	B.PUMP VIRTUAL 16:00 - 16:45 - Studio 1	RPM VIRTUAL 16:00 - 16:45 - Studio <i>Cycling</i>		
17:00	LM CORE VIRT. 16:30 - 17:00 - Studio 2	LM CORE VIRT. 16:30 - 17:00 - Studio 2		LM CORE VIRT. 16:30 - 17:00 - Studio 2	GRIT VIRTUAL 16:30 - 17:00 - Studio 1		
	B. COMBAT VIRTUAL 17:00 - 17:55 - Studio 1	B.COMBAT VIRTUAL 17:00 - 17:45 - Studio 1	B. COMBAT VIRTUAL 17:00 - 17:55 - Studio 1	B.BALANCE VIRTUAL 17:00 - 17:55 - Studio 2	SPRINT 17:30 - 18:00 - Cycling	B.BALANCE VIRT 17:00 - 17:55 - Studio 2	
	B.BALANCE VIRT 17:00 - 17:55 - Studio 2	RPM VIRTUAL 17:00 - 17:50 - Studio <i>Cycling</i>	B.BALANCE VIRT 17:00 - 17:55 - Studio 2	RPM VIRTUAL 17:00 - 17:50 - Studio <i>Cycling</i>		RPM VIRTUAL 17:00 - 17:30 - Studio <i>Cycling</i>	
18:00	RPM VIRTUAL 17:00 - 17:45 - Studio <i>Cycling</i>		RPM VIRTUAL 17:00 - 17:45 - Studio <i>Cycling</i>				
	B.PUMP 18:00 - 18:55 - Studio 1	ABDOMINALES 18:00 - 18:30 - Studio 1	B.PUMP 18:00 - 18:55 - Studio 1	ABDOMINALES 18:00 - 18:30 - Studio 1	B.PUMP 18:00 - 18:55 - Studio 1	RPM VIRTUAL 18:30 - 19:00 - Studio <i>Cycling</i>	
	PILATES 18:00 - 18:55 - Studio 2	CYCLING 18:00 - 18:45 - Cycling	HIIT 18:00 - 18:30 - Fitness	CYCLING 18:00 - 18:45 - Cycling	RPM VIRTUAL 18:00 - 18:45 - Cycling		
	SPRINT 18:15 - 18:45 - Cycling	ZUMBA 18:00 - 18:55 - Studio 1	HIIT 18:00 - 18:30 - Fitness	ZUMBA 18:00 - 18:55 - Studio 1			
19:00		GLUTEUP 18:30 - 19:00 - Studio 1	PILATES 18:00 - 18:55 - Studio 2	GLUTEUP 18:30 - 19:00 - Studio 1			
			SPRINT 18:15 - 18:45 - Cycling				
	B.BALANCE 19:00 - 19:55 - Studio 2	B.PUMP 19:00 - 19:30 - Studio 1	B.ATTACK 19:00 - 19:55 - Studio 2	B.PUMP 19:00 - 19:45 - Studio 1	B.BALANCE 19:00 - 19:55 - Studio 1	GRIT VIRTUAL 19:00 - 19:30 - Studio 2	
	B.COMBAT 19:00 - 19:55 - Studio 1	CYCLING 19:00 - 19:45 - Studio <i>Cycling</i>	B.BALANCE 19:00 - 19:55 - Studio 2	HIIT 19:00 - 19:30 - Fitness	RPM VIRTUAL 19:00 - 19:45 - Cycling		
19:00	CYCLING 19:00 - 19:45 - Cycling	HIIT 19:00 - 19:30 - Fitness	RPM VIRTUAL 19:00 - 19:45 - Studio <i>Cycling</i>	YOGA 19:00 - 19:55 - Studio 2	LM CORE VIRT. 19:30 - 20:00 - Studio 2		
		YOGA 19:00 - 19:55 - Studio 2		B.COMBAT 19:45 - 20:30 - Studio 1			
		B.ATTACK 19:30 - 20:00 - Studio 1					

Acuáticas Alta intensidad Cardiovascular Virtual Coregráficas Cuerpo/Mente Fuerza Senior

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Toda la Información
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HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
20:00	GRIT 20:00 - 20:30 - Studio 1	B.BALANCE 20:00 - 20:30 - Studio 1	BACHATA Y SALSA 20:00 - 20:55 - Studio 1	HIIT 20:00 - 20:30 - Fitness	RPM VIRTUAL 20:00 - 20:45 - Studio		
	RPM VIRTUAL 20:00 - 20:30 - Studio	HIIT 20:00 - 20:30 - Fitness	CYCLING 20:00 - 20:45 - Studio	RPM VIRTUAL 20:00 - 20:45 - Cycling	B. COMBAT VIRTUAL 20:30 - 21:25 - Studio 1		
	YOGA 20:00 - 20:55 - Studio 2	YOGA 20:00 - 20:55 - Studio 2	YOGA 20:00 - 20:55 - Studio 2	YOGA 20:00 - 20:55 - Studio 2	GRIT VIRTUAL 20:30 - 21:00 - Studio 2		
	ABDOMINALES 20:30 - 20:50 - Studio 1	RPM VIRTUAL 20:30 - 21:20 - Studio ~ "					
21:00	RPM VIRTUAL 21:00 - 21:45 - Studio ~ "	RPM VIRTUAL 21:30 - 22:20 - Studio Cycling	BACHATA Y SALSA 21:00 - 21:55 - Studio 1	RPM VIRTUAL 21:00 - 21:45 - Studio ~ "	RPM VIRTUAL 21:00 - 21:45 - Cycling		
	GRIT VIRTUAL 21:30 - 22:00 - Studio 1		LM CORE VIRT. 21:30 - 22:00 - Studio 2	B.PUMP VIRTUAL 21:30 - 22:15 - Studio 1	GRIT VIRTUAL 21:30 - 22:00 - Studio 1		
			RPM VIRTUAL 21:30 - 22:15 - Studio Cycling		LM CORE VIRT. 21:30 - 22:00 - Studio 2		

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