

# 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 - 10:15 - Fitness  RPM VIRTUAL 09:30 - 10:15 - Studio	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	CICLO INDOOR 10:30 - 11:20 - 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 2  B.BALANCE 10:30 - 11:25 - Studio 1  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 - 11:15 - 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 2  RPM VIRTUAL 11:30 - 12:15 - Cycling  YOGA 11:30 - 12:25 - Studio 1	ABDOMINALES 11:00 - 11:30 - Studio 1  PILATES 11:30 - 12:25 - Studio 1  RPM VIRTUAL 11:30 - 12:20 - Studio ~ "  RPM VIRTUAL 11:30 - 12:25 - Studio ~ "	GLUTEUP 11:30 - 12:00 - Studio 2  RPM VIRTUAL 11:30 - 12:15 - Studio ~ "  YOGA 11:30 - 12:25 - Studio 1	PILATES 11:30 - 12:25 - Studio 1  RPM VIRTUAL 11:30 - 12:20 - Studio Cycling	CARDIO-YOGA 11:30 - 12:25 - Studio 1  LM CORE VIRT. 11:30 - 12:00 - Studio 2  RPM VIRTUAL 11:30 - 12:15 - Studio ~ "  RPM VIRTUAL 11:30 - 12:25 - 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 - 12:55 - Studio 2  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 - 12:55 - Studio 2  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  B.PUMP VIRTUAL 13:30 - 14:25 - Studio 1	RPM VIRTUAL 12:30 - 13:20 - Studio ~ "  LM CORE VIRT. 13:00 - 13:30 - Studio 2
13:00							

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

# HORARIO de actividades dirigidas

Centro

**YO10**  
sportclub

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
20:00	GRIT 20:00 - 20:30 - Studio 1	SEVILLANAS 20:00 - 21:00 - Studio 1	BACHATA Y SALSA 20:00 - 20:55 - Studio 1	RPM VIRTUAL 20:00 - 20:45 - Cycling	RPM VIRTUAL 20:00 - 20:45 - Studio		
	RPM VIRTUAL 20:00 - 20:30 - Studio	YOGA 20:00 - 20:55 - Studio 2	CYCLING 20:00 - 20:50 - Studio	YOGA 20:00 - 20:55 - Studio 2	B. COMBAT VIRTUAL 20:30 - 21:25 - Studio 1		
	YOGA 20:00 - 20:55 - Studio 2	RPM VIRTUAL 20:30 - 21:20 - Studio <small>Cycling</small>	YOGA 20:00 - 20:55 - Studio 2		GRIT VIRTUAL 20:30 - 21:00 - Studio 2		
	ABDOMINALES 20:30 - 20:50 - Studio 1						
21:00	RPM VIRTUAL 21:00 - 21:45 - Studio	RPM VIRTUAL 21:30 - 22:20 - Studio <small>Cycling</small>	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 <small>Cycling</small>		LM CORE VIRT. 21:30 - 22:00 - Studio 2		