Horarios Lowfit Viapol

Actividades dirigidas

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	CICLO VIRTUAL 06:30 - 07:15 Studio Cycling	CICLO VIRTUAL 06:30 - 07:15 Studio Cycling	CICLO VIRTUAL 06:30 - 07:15 Studio Cycling	CICLO VIRTUAL 06:30 - 07:15 Studio Cycling	CICLO VIRTUAL 06:30 - 07:15 Studio Cycling		
07:00	CICLO VIRTUAL 07:30 - 08:15 Studio Cycling	CICLO VIRTUAL 07:30 - 08:15 Studio Cycling	CICLO VIRTUAL 07:30 - 08:15 Studio Cycling	CICLO VIRTUAL 07:30 - 08:15 Studio Cycling	CICLO VIRTUAL 07:30 - 08:15 Studio Cycling		
08:00	CICLO VIRTUAL 08:30 - 09:15 Studio Cycling	CICLO VIRTUAL 08:30 - 09:15 Studio Cycling	CICLO VIRTUAL 08:30 - 09:15 Studio Cycling	CICLO VIRTUAL 08:30 - 09:15 Studio Cycling	CICLO VIRTUAL 08:30 - 09:15 Studio Cycling		
	ESPALDA SANA 08:30 - 09:30 Sala 2	BODY PUMP 08:30 - 09:30 Sala 2	ESPALDA SANA 08:30 - 09:30 Sala 2	BODY PUMP 08:30 - 09:30 Sala 2			
09:00	CICLO VIRTUAL 09:30 - 10:15 Studio Cycling	CICLO VIRTUAL 09:30 - 10:15 Studio Cycling	CICLO VIRTUAL 09:30 - 10:15 Studio Cycling	CICLO VIRTUAL 09:30 - 10:15 Studio Cycling	CICLO VIRTUAL 09:30 - 10:15 Studio Cycling	CICLO VIRTUAL 09:30 - 10:15 Studio Cycling	CICLO VIRTUAL 09:30 - 10:15 Studio Cycling
	PILATES 09:30 - 10:30 Sala 2	PILATES 09:30 - 10:30 Sala 2	BODY PUMP 09:30 - 10:30 Sala 2	PILATES 09:30 - 10:30 Sala 2	CROSSTRAINING 09:30 - 10:30 Sala 2		
	G.A.P. 09:30 - 10:30 Sala 1	SALSATION 09:30 - 10:30 Sala 1	BODY COMBAT 09:30 - 10:30 Sala 1	STEP 09:30 - 10:30 Sala 1	YOGA 09:30 - 10:30 Sala 2		
10:00	CICLO INDOOR 10:30 - 11:15 Studio Cycling	ABD TOTAL 10:30 - 11:00 Sala 1	CICLO INDOOR 10:30 - 11:15 Studio Cycling	GLUTE-UP 10:30 - 11:00 Sala 1	CICLO INDOOR 10:30 - 11:15 Studio Cycling	CICLO VIRTUAL 10:30 - 11:15 Studio Cycling	CICLO VIRTUAL 10:30 - 11:15 Studio Cycling
	BODY PUMP 10:30 - 11:30 Sala 2	CICLO VIRTUAL 10:30 - 11:15 Studio Cycling	GIMNASIA SUAVE 10:30 - 11:30 Sala 2	CICLO VIRTUAL 10:30 - 11:15 Studio Cycling	GIMNASIA SUAVE 10:30 - 11:30 Sala 2	BODY PUMP 10:30 - 11:30 Sala 2	
		ACOND. FISICO 10:30 - 11:30 Sala 2		ACOND. FISICO 10:30 - 11:30 Sala 2			
11:00	CICLO VIRTUAL 11:30 - 12:15 Studio Cycling	HIFT 11:00 - 11:30 Sala 1	CICLO VIRTUAL 11:30 - 12:15 Studio Cycling	ABD TOTAL 11:00 - 11:30 Sala 1	CICLO VIRTUAL 11:30 - 12:15 Studio Cycling	CICLO INDOOR 11:30 - 12:15 Studio Cycling	CICLO VIRTUAL 11:30 - 12:15 Studio Cycling
	BODY BALANCE 11:30 - 12:30 Sala 1	CICLO VIRTUAL 11:30 - 12:15 Studio Cycling	YOGA 11:30 - 12:30 Sala 2	CICLO VIRTUAL 11:30 - 12:15 Studio Cycling	PILATES 11:30 - 12:30 Sala 2		
		ESPALDA SANA 11:30 - 12:30 Sala 1					
12:00	CICLO VIRTUAL 12:30 - 13:15 Studio Cycling	CICLO VIRTUAL 12:30 - 13:15 Studio Cycling	CICLO VIRTUAL 12:30 - 13:15 Studio Cycling	CICLO VIRTUAL 12:30 - 13:15 Studio Cycling	CICLO VIRTUAL 12:30 - 13:15 Studio Cycling	CICLO VIRTUAL 12:30 - 13:15 Studio Cycling	CICLO VIRTUAL 12:30 - 13:15 Studio Cycling
13:00	CICLO VIRTUAL 13:30 - 14:15 Studio Cycling	CICLO VIRTUAL 13:30 - 14:15 Studio Cycling	CICLO VIRTUAL 13:30 - 14:15 Studio Cycling	CICLO VIRTUAL 13:30 - 14:15 Studio Cycling	CICLO VIRTUAL 13:30 - 14:15 Studio Cycling	CICLO VIRTUAL 13:30 - 14:15 Studio Cycling	CICLO VIRTUAL 13:30 - 14:15 Studio Cycling
14:00	HIFT 14:30 - 15:00 Sala 1	CICLO INDOOR 14:30 - 15:15 Studio Cycling	HIFT 14:30 - 15:00 Sala 1	CICLO VIRTUAL 14:30 - 15:15 Studio Cycling	CICLO VIRTUAL 14:30 - 15:15 Studio Cycling	CICLO VIRTUAL 14:30 - 15:15 Studio Cycling	
	CICLO VIRTUAL 14:30 - 15:15 Studio Cycling		CICLO VIRTUAL 14:30 - 15:15 Studio Cycling				
15:00	ABD TOTAL 15:00 - 15:30 Sala 1	CICLO VIRTUAL 15:30 - 16:15 Studio Cycling	ABD TOTAL 15:00 - 15:30 Sala 1	CICLO VIRTUAL 15:30 - 16:15 Studio Cycling	CICLO VIRTUAL 15:30 - 16:15 Studio Cycling	CICLO VIRTUAL 15:30 - 16:15 Studio Cycling	
	CICLO VIRTUAL 15:30 - 16:15 Studio Cycling		CICLO VIRTUAL 15:30 - 16:15 Studio Cycling				
16:00	CICLO VIRTUAL 16:30 - 17:15 Studio Cycling	CICLO VIRTUAL 16:30 - 17:15 Studio Cycling	CICLO VIRTUAL 16:30 - 17:15 Studio Cycling	CICLO VIRTUAL 16:30 - 17:15 Studio Cycling	CICLO VIRTUAL 16:30 - 17:15 Studio Cycling	CICLO VIRTUAL 16:30 - 17:15 Studio Cycling	
17:00	ESPALDA SANA 17:00 - 18:00 Sala 2	CICLO VIRTUAL 17:30 - 18:15 Studio Cycling	CICLO VIRTUAL 17:30 - 18:15 Studio Cycling	CICLO VIRTUAL 17:30 - 18:15 Studio Cycling	CROSSTRAINING 17:00 - 18:00 Sala 2	CICLO VIRTUAL 17:30 - 18:15 Studio Cycling	
	CICLO VIRTUAL 17:30 - 18:15 Studio Cycling				CICLO VIRTUAL 17:30 - 18:15 Studio Cycling		
18:00	BODY PUMP 18:00 - 19:00 Sala 2	PILATES 18:00 - 19:00 Sala 2	PILATES 18:00 - 19:00 Sala 2	CROSSTRAINING 18:00 - 19:00 Sala 2	PILATES 18:00 - 19:00 Sala 2	CICLO VIRTUAL 18:30 - 19:15 Studio Cycling	
	G.A.P. 18:00 - 19:00 Sala 1	ABD TOTAL 18:30 - 19:00 Sala 1	CROSSTRAINING 18:00 - 19:00 Sala 1	ESPALDA SANA 18:00 - 19:00 Sala 1	CICLO VIRTUAL 18:30 - 19:15 Studio Cycling		
	CICLO INDOOR 18:30 - 19:15 Studio Cycling	CICLO VIRTUAL 18:30 - 19:15 Studio Cycling	CICLO VIRTUAL 18:30 - 19:15 Studio Cycling	CICLO VIRTUAL 18:30 - 19:15 Studio Cycling			

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
19:00	B.PUMP HEAVY 19:00 - 20:00 Sala 2	GLUTE-UP 19:00 - 19:30 Sala 1	B.PUMP HEAVY 19:00 - 20:00 Sala 2	HIFT 19:00 - 19:30 Sala 1	BODY PUMP 19:00 - 20:00 Sala 2		
	BODY BALANCE 19:00 - 20:00 Sala 1	CROSSTRAINING 19:00 - 20:00 Sala 2	BODY BALANCE 19:00 - 20:00 Sala 1	BODY COMBAT 19:00 - 20:00 Sala 2	CICLO VIRTUAL 19:30 - 20:15 Studio Cycling		
	CICLO INDOOR 19:30 - 20:15 Studio Cycling	CICLO INDOOR 19:30 - 20:15 Studio Cycling	CICLO VIRTUAL 19:30 - 20:15 Studio Cycling	CICLO INDOOR 19:30 - 20:15 Studio Cycling			
		YOGA 19:30 - 20:30 Sala 1		YOGA 19:30 - 20:30 Sala 1			
20:00	GLUTE-UP 20:00 - 20:30 Sala 1	BODY PUMP 20:00 - 21:00 Sala 2	HIFT 20:00 - 20:30 Sala 1	BODY PUMP 20:00 - 21:00 Sala 2	ABD TOTAL 20:00 - 20:30 Sala 1		
	BODY COMBAT 20:00 - 21:00 Sala 2	CICLO VIRTUAL 20:30 - 21:15 Studio Cycling	BODY COMBAT 20:00 - 21:00 Sala 2	CICLO VIRTUAL 20:30 - 21:15 Studio Cycling	CICLO VIRTUAL 20:30 - 21:15 Studio Cycling		
	ABD TOTAL 20:30 - 21:00 Sala 1	SALSATION 20:30 - 21:30 Sala 1	GLUTE-UP 20:30 - 21:00 Sala 1	SALSATION 20:30 - 21:30 Sala 1			
	CICLO VIRTUAL 20:30 - 21:15 Studio Cycling		CICLO VIRTUAL 20:30 - 21:15 Studio Cycling				
21:00	LATINOS 21:00 - 22:00 Sala 2	BULERIAS 21:00 - 22:00 Sala 2	LATINOS 21:00 - 22:00 Sala 2	SEVILLANAS 21:00 - 22:00 Sala 2			

FUERZA Y RESISTENCIA CARDIOVASCULAR COREOGRÁFICAS CUERPO MENTE ALTO RENDIMIENTO
CICLO VIRTUAL

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