Horarios

Actividades dirigidas

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	VIRTUAL CYCLING 06:30 - 07:15 Studio Cycling		VIRTUAL CYCLING 06:30 - 07:15 Studio Cycling	VIRTUAL CYCLING 06:30 - 07:15 Studio Cycling	VIRTUAL CYCLING 06:30 - 07:15 Studio Cycling		
09:00	VIRTUAL CYCLING 09:30 - 10:15 Studio Cycling	VIRTUAL CYCLING 09:30 - 10:15 Studio Cycling	VIRTUAL CYCLING 09:30 - 10:15 Studio Cycling				
10:00				VIRTUAL CYCLING 10:30 - 11:15 Studio Cycling	VIRTUAL CYCLING 10:30 - 11:15 Studio Cycling		VIRTUAL CYCLING 10:30 - 11:15 Studio Cycling
12:00		VIRTUAL CYCLING 12:30 - 13:15 Studio Cycling		VIRTUAL CYCLING 12:30 - 13:15 Studio Cycling			
14:00		VIRTUAL CYCLING 14:30 - 15:15 Studio Cycling	VIRTUAL CYCLING 14:30 - 15:15 Studio Cycling	VIRTUAL CYCLING 14:30 - 15:15 Studio Cycling	VIRTUAL CYCLING 14:30 - 15:15 Studio Cycling		
17:00	VIRTUAL CYCLING 17:30 - 18:15 Studio Cycling	VIRTUAL CYCLING 17:30 - 18:15 Studio Cycling	VIRTUAL CYCLING 17:30 - 18:15 Studio Cycling	VIRTUAL CYCLING 17:30 - 18:15 Studio Cycling	VIRTUAL CYCLING 17:30 - 18:15 Studio Cycling		
18:00				VIRTUAL CYCLING 18:30 - 19:15 Studio Cycling	VIRTUAL CYCLING 18:30 - 19:15 Studio Cycling		
19:00			VIRTUAL CYCLING 19:30 - 20:15 Studio Cycling				
20:00	VIRTUAL CYCLING 20:30 - 21:15 Studio Cycling	VIRTUAL CYCLING 20:30 - 21:15 Studio Cycling		VIRTUAL CYCLING 20:30 - 21:15 Studio Cycling	VIRTUAL CYCLING 20:30 - 21:15 Studio Cycling		

COREOGRAFIAS CARDIOVASCULAR CUERPO Y MENTE FUERZA Y RESISTENCIA ALTO RENDIMIENTO
VIRTUAL CYCLING

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