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		
07:00		CYCLING 07:00 - 07:45 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	CYCLING 09:30 - 10:15 Studio Cycling	CYCLING 09:30 - 10:15 Studio Cycling		
10:00	CYCLING 10:30 - 11:15 Studio Cycling	CYCLING 10:30 - 11:15 Studio Cycling	CYCLING 10:30 - 11:15 Studio Cycling	VIRTUAL CYCLING 10:30 - 11:15 Studio Cycling	VIRTUAL CYCLING 10:30 - 11:15 Studio Cycling	CYCLING 10:30 - 11:15 Studio Cycling	VIRTUAL CYCLING 10:30 - 11:15 Studio Cycling
	B.COMBAT 10:30 - 11:25 Sala 1		B.COMBAT 10:30 - 11:25 Sala 1				
12:00		VIRTUAL CYCLING 12:30 - 13:15 Studio Cycling		VIRTUAL CYCLING 12:30 - 13:15 Studio Cycling			
14:00	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	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	CYCLING 18:30 - 19:15 Studio Cycling	CYCLING 18:30 - 19:15 Studio Cycling	CYCLING 18:30 - 19:15 Studio Cycling	VIRTUAL CYCLING 18:30 - 19:15 Studio Cycling	VIRTUAL CYCLING 18:30 - 19:15 Studio Cycling		
19:00	CYCLING 19:30 - 20:15 Studio Cycling	CYCLING 19:30 - 20:15 Studio Cycling	VIRTUAL CYCLING 19:30 - 20:15 Studio Cycling	CYCLING 19:30 - 20:15 Studio Cycling	CYCLING 19:30 - 20:15 Studio Cycling		
20:00	VIRTUAL CYCLING 20:30 - 21:15 Studio Cycling	B.COMBAT 20:00 - 20:55 Sala 1	CYCLING 20:30 - 21:15 Studio Cycling	B.COMBAT 20:00 - 20:55 Sala 1	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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