

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	07:30 - 08:00 BOX <b>ACTIVA CIRCUIT</b>	07:15 - 08:15 SALA 1 <b>BODYPUMP</b>	07:15 - 08:05 SALA CYCLING <b>ACTIVA CYCLING</b>	07:15 - 08:13 SALA 1 <b>BODYPUMP + CXWORX</b>	07:15 - 08:05 SALA CYCLING <b>ACTIVA CYCLING</b>		
		07:30 - 08:00 BOX <b>ACTIVA CORE</b>	07:30 - 08:00 SALA FITNESS <b>ACTIVA CIRCUIT</b>	07:30 - 08:00 BOX <b>ACTIVA CIRCUIT</b>	07:30 - 08:00 BOX <b>HIIT</b>		
9:00	09:00 - 09:30 BOX <b>ACTIVA CORE</b>	09:00 - 09:30 BOX <b>ACTIVA CIRCUIT</b>	09:00 - 09:30 Zona Funcional y Trx. <b>TRX</b>	09:00 - 09:30 BOX <b>ACTIVA CORE</b>	09:00 - 09:30 BOX <b>TRX</b>	09:30 - 10:00 BOX <b>ACTIVA CORE</b>	09:30 - 10:00 BOX <b>ACTIVA CORE</b>
	09:30 - 10:30 SALA 1 <b>BODYPUMP</b>	09:30 - 10:20 SALA CYCLING <b>ACTIVA CYCLING</b>	09:30 - 10:30 SALA 1 <b>BODYPUMP</b>	09:30 - 10:30 SALA 1 <b>BODYATTACK</b>	09:30 - 10:18 SALA WALKING <b>ACTIVA WALKING</b>		
		09:30 - 10:30 OUTDOOR <b>ACTIVA RUN</b>	09:30 - 10:15 SALA PILATES <b>HIPOPRESIVOS</b>	09:30 - 10:20 SALA PILATES <b>PILATES</b>	09:30 - 10:30 SALA 1 <b>BODYBALANCE</b>		
				09:35 - 10:25 SALA CYCLING <b>ACTIVA CYCLING</b>			
10:00	10:35 - 11:25 SALA WALKING <b>ACTIVA WALKING</b>	10:30 - 11:20 SALA 1 <b>GAP</b>	10:35 - 11:25 SALA WALKING <b>ACTIVA WALKING</b>	10:30 - 11:20 SALA CYCLING <b>ACTIVA CYCLING</b>	10:00 - 11:00 AIM HARDER <b>ACTIVA CROSS</b>	10:00 - 11:00 AIM HARDER <b>ACTIVA CROSS</b>	10:00 - 10:30 BOX <b>TRX</b>
			10:35 - 11:25 SALA 1 <b>BOXTRAINING</b>	10:35 - 11:05 SALA 1 <b>CXWORX</b>	10:35 - 11:25 SALA WALKING <b>ACTIVA WALKING</b>		
				10:35 - 11:25 SALA PILATES <b>ESPALDA SANA</b>	10:35 - 11:35 SALA 1 <b>BODYPUMP</b>		
11:00	11:00 - 12:00 AIM HARDER <b>ACTIVA CROSS</b>	11:30 - 12:30 SALA 1 <b>BODYBALANCE</b>	11:35 - 12:25 SALA 1 <b>YOGA</b>	11:30 - 12:30 SALA 1 <b>BODYBALANCE</b>	11:35 - 12:25 SALA PILATES <b>YOGA</b>	11:00 - 12:00 SALA 1 <b>BODYPUMP</b>	11:00 - 11:30 BOX <b>ACTIVA CIRCUIT</b>
	11:35 - 12:25 SALA 1 <b>PILATES</b>	11:30 - 12:00 Zona Funcional y Trx. <b>TRX</b>		11:30 - 12:00 BOX <b>TABATA</b>	11:35 - 12:35 SALA 1 <b>ZUMBA</b>	11:00 - 11:30 BOX <b>TRX</b>	11:00 - 12:00 SALA 1 <b>BODYPUMP</b>
12:00						12:05 - 12:55 SALA 1 <b>BALLET MOVE</b>	12:10 - 13:00 SALA CYCLING <b>ACTIVA CYCLING</b>
						12:15 - 13:05 SALA CYCLING <b>ACTIVA CYCLING</b>	12:15 - 12:45 BOX <b>ACTIVA FLEX</b>
						12:15 - 12:45 BOX <b>ACTIVA FLEX</b>	12:15 - 13:15 SALA 1 <b>BODYBALANCE</b>
13:00	13:00 - 13:30 BOX <b>ACTIVA CIRCUIT</b>	13:00 - 13:30 BOX <b>TABATA</b>	13:00 - 13:30 BOX <b>ACTIVA CORE</b>	13:00 - 13:30 BOX <b>TRX</b>	13:00 - 13:30 BOX <b>TABATA</b>	13:15 - 13:45 BOX <b>ACTIVA CORE</b>	13:15 - 13:45 BOX <b>ACTIVA CORE</b>
	13:30 - 14:20 SALA WALKING <b>ACTIVA WALKING</b>			13:30 - 14:20 SALA WALKING <b>ACTIVA WALKING</b>		13:15 - 14:15 SALA 1 <b>BODYBALANCE</b>	13:15 - 14:05 SALA WALKING <b>ACTIVA WALKING</b>
14:00	14:00 - 14:30 Zona Funcional y Trx. <b>TRX</b>	14:00 - 14:30 BOX <b>ACTIVA CORE</b>	14:00 - 14:30 Zona Funcional y Trx. <b>TRX</b>	14:00 - 14:30 BOX <b>TABATA</b>	14:00 - 14:30 Zona Funcional y Trx. <b>TRX</b>		
	14:30 - 15:20 SALA CYCLING <b>ACTIVA CYCLING</b>	14:30 - 16:10 AIM HARDER <b>ACTIVA CROSS</b>	14:30 - 15:20 SALA WALKING <b>ACTIVA WALKING</b>	14:30 - 16:10 AIM HARDER <b>ACTIVA CROSS</b>	14:30 - 15:20 SALA WALKING <b>ACTIVA WALKING</b>		
	14:30 - 15:30 SALA 1 <b>BODYPUMP</b>	14:30 - 15:20 SALA CYCLING <b>ACTIVA CYCLING</b>	14:30 - 15:30 SALA 1 <b>BODYPUMP</b>	14:30 - 15:20 SALA CYCLING <b>ACTIVA CYCLING</b>	14:30 - 15:30 SALA 1 <b>BODYBALANCE</b>		
	14:30 - 15:20 SALA PILATES <b>PILATES</b>	14:30 - 15:30 SALA 1 <b>BODYCOMBAT</b>	14:30 - 15:15 SALA PILATES <b>HIPOPRESIVOS</b>	14:30 - 15:20 SALA PILATES <b>PILATES</b>			

<b>15:00</b>	15:30 - 16:00 BOX <b>TABATA</b>	15:30 - 16:20 SALA WALKING <b>ACTIVA WALKING</b>	15:30 - 16:00 BOX <b>ACTIVA CIRCUIT</b>	15:30 - 16:00 BOX <b>ACTIVA CIRCUIT</b>	15:30 - 16:00 BOX <b>TRX</b>		
	15:35 - 16:25 SALA 1 <b>ESPALDA SANA</b>	15:30 - 16:00 BOX <b>TRX</b>	15:35 - 16:35 SALA 1 <b>BODYBALANCE</b>	15:35 - 16:25 SALA WALKING <b>ACTIVA WALKING</b>			
<b>16:00</b>	16:30 - 17:20 SALA PILATES <b>YOGA</b>		16:30 - 17:20 SALA PILATES <b>YOGA</b>				
<b>17:00</b>	17:00 - 17:50 SALA 1 <b>GAP</b>	17:00 - 17:30 BOX <b>TRX</b>		17:00 - 17:30 BOX <b>TRX</b>	17:00 - 17:30 BOX <b>ACTIVA CORE</b>	17:30 - 18:00 BOX <b>HIIT</b>	17:30 - 18:00 BOX <b>HIIT</b>
<b>18:00</b>	18:00 - 19:00 SALA PILATES <b>BODYBALANCE</b>	18:00 - 18:50 SALA WALKING <b>ACTIVA WALKING</b>	18:00 - 18:50 SALA WALKING <b>ACTIVA WALKING</b>	18:30 - 19:30 SALA 1 <b>BODYCOMBAT</b>	18:00 - 19:00 SALA 1 <b>BODYPUMP</b>	18:00 - 18:50 SALA CYCLING <b>ACTIVA CYCLING</b>	18:30 - 19:00 BOX <b>TRX</b>
	18:00 - 19:00 SALA 1 <b>BODYPUMP</b>	18:10 - 19:00 SALA PILATES <b>GAP</b>	18:00 - 19:00 SALA 1 <b>BODYBALANCE</b>	18:30 - 19:20 SALA PILATES <b>GAP</b>	18:30 - 19:00 Zona Funcional y Trx. <b>HIIT</b>	18:00 - 19:00 SALA 1 <b>BODYBALANCE</b>	
	18:00 - 18:50 Zona Funcional y Trx. <b>KICK BOXING</b>	18:15 - 19:15 SALA 1 <b>ZUMBA</b>	18:00 - 18:50 SALA PILATES <b>PILATES</b>	18:30 - 19:00 Zona Funcional y Trx. <b>TABATA</b>		18:30 - 19:00 BOX <b>TABATA</b>	
	18:10 - 19:00 SALA CYCLING <b>ACTIVA CYCLING</b>	18:30 - 19:00 Zona Funcional y Trx. <b>TABATA</b>	18:30 - 19:00 Zona Funcional y Trx. <b>TRX</b>				
<b>19:00</b>	19:00 - 19:30 Zona Funcional y Trx. <b>CXWORX</b>	19:00 - 20:30 OUTDOOR <b>ACTIVA CLUB BE-TRAINING</b>	19:00 - 20:00 SALA 1 <b>BODYPUMP</b>	19:15 - 20:05 SALA WALKING <b>ACTIVA WALKING</b>	19:10 - 20:10 SALA 1 <b>BODYBALANCE</b>	19:00 - 19:30 BOX <b>TRX</b>	19:00 - 19:30 BOX <b>ACTIVA CIRCUIT</b>
	19:05 - 19:55 SALA PILATES <b>PILATES</b>	19:10 - 20:10 SALA PILATES <b>BODYATTACK</b>	19:00 - 19:30 Zona Funcional y Trx. <b>GRITCARDIO</b>	19:30 - 20:00 Zona Funcional y Trx. <b>ACTIVA CIRCUIT</b>	19:15 - 20:05 SALA CYCLING <b>ACTIVA CYCLING</b>	19:00 - 19:50 SALA 1 <b>YOGA</b>	19:30 - 20:00 SALA FITNESS <b>ACTIVA FLEX</b>
	19:10 - 20:00 SALA WALKING <b>ACTIVA WALKING</b>	19:15 - 20:05 SALA CYCLING <b>ACTIVA CYCLING</b>	19:15 - 20:05 SALA CYCLING <b>ACTIVA CYCLING</b>	19:30 - 20:20 SALA 1 <b>STEP</b>	19:30 - 20:00 Zona Funcional y Trx. <b>ACTIVA CIRCUIT</b>	19:30 - 20:00 SALA FITNESS <b>ACTIVA FLEX</b>	
	19:10 - 20:00 SALA 1 <b>STEP</b>	19:15 - 20:15 SALA 1 <b>BODYPUMP</b>	19:15 - 20:05 SALA PILATES <b>PILATES</b>	19:35 - 20:25 SALA PILATES <b>DANCE</b>			
	19:15 - 20:05 SALA CYCLING <b>ACTIVA CYCLING</b>	19:30 - 20:00 Zona Funcional y Trx. <b>TRX</b>	19:30 - 20:00 Zona Funcional y Trx. <b>CXWORX</b>				
	19:35 - 20:05 Zona Funcional y Trx. <b>GRITCARDIO</b>						
<b>20:00</b>	20:05 - 20:55 SALA PILATES <b>PILATES</b>	20:00 - 21:00 AIM HARDER <b>ACTIVA CROSS</b>	20:00 - 21:00 AIM HARDER <b>ACTIVA CROSS</b>	20:00 - 21:00 AIM HARDER <b>ACTIVA CROSS</b>	20:15 - 21:05 SALA CYCLING <b>ACTIVA CYCLING</b>		
	20:10 - 21:10 SALA 1 <b>BODYCOMBAT</b>	20:15 - 21:05 SALA CYCLING <b>ACTIVA CYCLING</b>	20:00 - 21:00 OUTDOOR <b>ACTIVARUN CLUB</b>	20:15 - 21:05 SALA CYCLING <b>ACTIVA CYCLING</b>			
	20:20 - 21:10 SALA CYCLING <b>ACTIVA CYCLING</b>	20:15 - 21:15 SALA PILATES <b>BODYBALANCE</b>	20:10 - 20:40 SALA 1 <b>GRITSTRENGHT</b>	20:35 - 21:35 SALA 1 <b>BODYPUMP</b>			
	20:30 - 21:00 BOX <b>TABATA</b>	20:20 - 21:10 SALA 1 <b>GAP</b>	20:15 - 21:05 SALA CYCLING <b>ACTIVA CYCLING</b>				
		20:30 - 21:00 Zona Funcional y Trx. <b>ACTIVA CIRCUIT</b>	20:30 - 21:20 SALA PILATES <b>PILATES</b>	20:40 - 21:30 SALA 1 <b>KICK BOXING</b>			
<b>21:00</b>	21:00 - 21:30 Zona Funcional y Trx. <b>ACTIVA CORE</b>	21:15 - 22:05 SALA PILATES <b>YOGA</b>	21:00 - 21:30 Zona Funcional y Trx. <b>ACTIVA CORE</b>		21:00 - 21:30 Zona Funcional y Trx. <b>ACTIVA CORE</b>		