

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	07:15 - 08:05 SALA WALKING ACTIVA WALKING	07:15 - 08:15 SALA 1 BODYPUMP	07:15 - 08:05 SALA CYCLING ACTIVA CYCLING	07:15 - 08:15 SALA 1 BODYPUMP	07:15 - 08:05 SALA CYCLING ACTIVA CYCLING		
	07:30 - 08:00 SALA FITNESS TRX	07:30 - 08:00 SALA FITNESS ACTIVA CORE	07:30 - 08:00 SALA FITNESS TABATA	07:30 - 08:00 SALA FITNESS ACTIVA CIRCUIT	07:30 - 08:00 SALA FITNESS HIIT		
8:00		08:30 - 09:15 PISCINA AQUAGYM					
9:00	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE
	09:30 - 10:20 SALA CYCLING ACTIVA CYCLING	09:30 - 10:20 SALA CYCLING ACTIVA CYCLING	09:30 - 10:20 SALA WALKING ACTIVA WALKING	09:30 - 10:20 SALA CYCLING ACTIVA CYCLING	09:30 - 10:30 SALA 1 BODYPUMP		
	09:30 - 10:30 SALA 1 BODYPUMP	09:30 - 10:20 SALA 3 PILATES	09:30 - 10:20 SALA 1 PILATES	09:30 - 10:30 SALA 1 BODYCOMBAT			
		09:30 - 10:20 SALA 1 STEP	09:30 - 10:15 SALA 3 SH'BAM	09:30 - 10:20 SALA 3 YOGA			
10:00	10:30 - 11:30 AIM HARDER ACTIVA CROSS	10:30 - 11:30 AIM HARDER ACTIVA CROSS	10:30 - 11:30 AIM HARDER ACTIVA CROSS	10:30 - 11:20 SALA 3 PILATES	10:30 - 11:30 AIM HARDER ACTIVA CROSS	10:30 - 11:00 SALA FITNESS TRX	10:30 - 11:00 SALA FITNESS ACTIVA CIRCUIT
	10:30 - 11:20 PISCINA AQUADANCE	10:30 - 11:20 SALA CYCLING ACTIVA CYCLING	10:30 - 11:30 SALA 1 BODYPUMP	10:35 - 11:25 SALA 1 ZUMBA	10:30 - 11:15 PISCINA AQUAGYM		
	10:30 - 11:30 SALA 1 BODYCOMBAT	10:30 - 11:20 SALA 1 GAP	10:30 - 11:15 SALA 3 HIPOPRESIVOS		10:30 - 11:30 SALA 1 BODYBALANCE		
	10:30 - 11:20 SALA 3 YOGA		10:35 - 11:25 SALA WALKING ACTIVA WALKING		10:35 - 11:25 SALA WALKING ACTIVA WALKING		
11:00	11:30 - 12:20 SALA 1 PILATES	11:00 - 11:45 PISCINA AQUAGYM	11:00 - 11:45 PISCINA AQUAGYM	11:35 - 12:25 SALA 1 ESPALDA SANA	11:30 - 12:20 SALA 1 PILATES	11:00 - 11:45 PISCINA AQUAGYM	11:00 - 11:50 SALA CYCLING ACTIVA CYCLING
		11:30 - 12:50 SALA 3 TAI CHI	11:30 - 12:30 SALA 1 BODYBALANCE			11:00 - 12:00 SALA 1 BODYPUMP	11:00 - 11:45 PISCINA AQUAGYM
12:00	12:00 - 12:30 SALA FITNESS TABATA	12:00 - 12:30 SALA FITNESS ACTIVA FLEX	12:00 - 12:30 SALA FITNESS ACTIVA CORE	12:00 - 12:30 SALA FITNESS HIIT	12:00 - 12:30 SALA FITNESS ACTIVA CIRCUIT	12:00 - 12:30 SALA FITNESS ACTIVA CIRCUIT	12:00 - 12:30 SALA FITNESS TABATA
						12:10 - 13:00 SALA CYCLING ACTIVA CYCLING	12:05 - 12:55 SALA CYCLING ACTIVA CYCLING
						12:15 - 13:15 SALA 1 BODYBALANCE	12:10 - 13:10 SALA 1 BODYPUMP
13:00	13:00 - 13:30 SALA FITNESS ACTIVA CIRCUIT	13:00 - 13:30 SALA FITNESS HIIT	13:00 - 13:30 SALA FITNESS TRX	13:00 - 13:30 SALA FITNESS ACTIVA CORE	13:00 - 13:30 SALA FITNESS TABATA	13:00 - 13:30 SALA FITNESS TABATA	13:00 - 13:30 SALA FITNESS HIIT
14:00	14:00 - 14:30 SALA FITNESS ACTIVA CORE	14:00 - 14:27 SALA FITNESS TABATA	14:00 - 14:30 SALA FITNESS ACTIVA FLEX	14:00 - 14:30 SALA FITNESS TRX	14:00 - 14:30 SALA FITNESS HIIT		
	14:30 - 15:30 AIM HARDER ACTIVA CROSS	14:30 - 15:30 AIM HARDER ACTIVA CROSS	14:30 - 15:30 AIM HARDER ACTIVA CROSS	14:30 - 15:30 AIM HARDER ACTIVA CROSS	14:30 - 15:20 SALA CYCLING ACTIVA CYCLING		
	14:30 - 15:20 SALA CYCLING ACTIVA CYCLING	14:30 - 15:20 SALA CYCLING ACTIVA CYCLING	14:30 - 15:20 SALA CYCLING ACTIVA CYCLING	14:30 - 15:20 SALA WALKING ACTIVA WALKING	14:30 - 15:30 SALA 3 BODYBALANCE		
	14:30 - 15:30 OUTDOOR ACTIVA RUN	14:30 - 15:15 PISCINA AQUAGYM	14:30 - 15:30 SALA 1 BODYCOMBAT	14:30 - 15:20 PISCINA AQUAGYM	14:30 - 15:15 SALA 1 GRIT + CXWORX		

	14:30 - 15:20 SALA 1 BODYATTACK	14:30 - 15:30 SALA 1 BODYPUMP		14:30 - 15:30 SALA 1 BODYPUMP			
	14:30 - 15:20 SALA 3 PILATES						
15:00	15:30 - 16:30 SALA 1 BODYPUMP	15:30 - 16:30 SALA 1 BODYBALANCE	15:30 - 16:00 SALA FITNESS ACTIVA CORE	15:30 - 16:00 SALA FITNESS TABATA	15:30 - 16:00 SALA FITNESS ACTIVA CIRCUIT		
	15:30 - 16:00 SALA FITNESS HIIT	15:30 - 16:00 SALA FITNESS TRX	15:30 - 16:20 SALA 1 PILATES	15:35 - 16:25 SALA 1 GAP	15:35 - 16:25 SALA 3 YOGA		
			15:35 - 16:25 SALA WALKING ACTIVA WALKING				
17:00	17:00 - 17:30 SALA FITNESS TRX	17:00 - 17:30 SALA FITNESS ACTIVA CORE	17:00 - 17:50 SALA 1 ESPALDA SANA	17:00 - 17:30 SALA FITNESS ACTIVA CIRCUIT	17:00 - 17:50 SALA 1 BALLET MOVE	17:00 - 17:27 SALA FITNESS TABATA	17:00 - 17:30 SALA FITNESS ACTIVA CIRCUIT
			17:00 - 17:30 SALA FITNESS TABATA		17:00 - 17:30 SALA FITNESS HIIT		
18:00	18:00 - 18:30 SALA FITNESS ACTIVA CORE	18:00 - 19:00 SALA 1 BODYPUMP	18:00 - 18:30 SALA FITNESS ACTIVA CIRCUIT	18:00 - 18:50 SALA 1 BODYATTACK	18:00 - 18:50 SALA WALKING ACTIVA WALKING	18:00 - 18:30 SALA FITNESS ACTIVA CORE	18:00 - 18:27 SALA FITNESS TABATA
	18:00 - 19:00 SALA 1 BODYPUMP	18:00 - 18:30 SALA FITNESS TABATA	18:00 - 19:00 SALA 3 BODYBALANCE	18:00 - 18:30 SALA FITNESS HIIT	18:00 - 19:00 SALA 1 BODYPUMP	18:30 - 19:20 SALA CYCLING ACTIVA CYCLING	
	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:00 - 18:50 SALA 1 STEP	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:00 - 18:30 SALA FITNESS TRX		
	18:30 - 19:20 SALA 3 YOGA	18:15 - 19:05 SALA 3 DANCE	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:30 - 19:20 SALA 3 PILATES	18:00 - 18:50 SALA 3 YOGA		
19:00	19:00 - 20:00 AIM HARDER ACTIVA CROSS	19:00 - 19:58 AIM HARDER ACTIVA CROSS	19:00 - 19:58 AIM HARDER ACTIVA CROSS	19:00 - 19:58 AIM HARDER ACTIVA CROSS	19:00 - 19:58 AIM HARDER ACTIVA CROSS	19:00 - 19:30 SALA FITNESS TRX	19:00 - 19:30 SALA FITNESS ACTIVA CORE
	19:00 - 19:50 PISCINA AQUAGYM	19:05 - 20:05 SALA 1 BODYCOMBAT	19:05 - 19:55 SALA 1 GAP	19:00 - 20:28 PISCINA ACTIVA CLUB BE-TRAINING	19:00 - 19:45 PISCINA AQUAGYM		
	19:10 - 20:00 SALA 1 BODYATTACK	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING	19:05 - 19:50 SALA 3 SH'BAM	19:05 - 20:05 SALA 1 BODYPUMP	19:05 - 19:50 SALA 1 SH'BAM		
	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING	19:15 - 20:05 SALA WALKING ACTIVA WALKING	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING		
	19:15 - 20:05 SALA WALKING ACTIVA WALKING	19:20 - 20:20 SALA 3 BODYBALANCE		19:15 - 20:05 SALA WALKING ACTIVA WALKING			
	19:30 - 20:20 SALA 3 GAP			19:30 - 20:20 SALA 3 ZUMBA			
20:00	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:00 - 20:47 PISCINA AQUAGYM	20:00 - 20:50 OUTDOOR ACTIVARUN CLUB	20:05 - 21:05 SALA 1 BODYCOMBAT	20:00 - 21:00 SALA 1 BODYBALANCE	20:00 - 20:30 SALA FITNESS ACTIVA CIRCUIT	20:00 - 20:30 SALA FITNESS TRX
	20:15 - 21:15 SALA 1 BODYBALANCE	20:05 - 21:05 SALA 1 GRIT STRENGTH + CXWORX	20:00 - 20:50 PISCINA AQUAGYM	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:30 - 21:00 SALA FITNESS TABATA		
	20:30 - 21:00 SALA FITNESS ACTIVA CIRCUIT	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:05 - 21:05 SALA 1 BODYPUMP	20:30 - 21:00 SALA FITNESS ACTIVA CORE			
	20:30 - 21:15 SALA 3 HIPOPRESIVOS	20:25 - 21:15 SALA 3 PILATES	20:10 - 21:00 SALA 3 PILATES	20:35 - 21:25 SALA 3 YOGA			
		20:30 - 21:00 SALA FITNESS HIIT	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING				
			20:30 - 21:00 SALA FITNESS TRX				

	14:30 - 15:20 SALA 1 BODYATTACK	14:30 - 15:30 SALA 1 BODYPUMP		14:30 - 15:30 SALA 1 BODYPUMP			
	14:30 - 15:20 SALA 3 PILATES						
15:00	15:30 - 16:30 SALA 1 BODYPUMP	15:30 - 16:30 SALA 1 BODYBALANCE	15:30 - 16:00 SALA FITNESS ACTIVA CORE	15:30 - 16:00 SALA FITNESS TABATA	15:30 - 16:00 SALA FITNESS ACTIVA CIRCUIT		
	15:30 - 16:00 SALA FITNESS HIIT	15:30 - 16:00 SALA FITNESS TRX	15:30 - 16:20 SALA 1 PILATES	15:35 - 16:25 SALA 1 GAP	15:35 - 16:25 SALA 3 YOGA		
			15:35 - 16:25 SALA WALKING ACTIVA WALKING				
17:00	17:00 - 17:30 SALA FITNESS TRX	17:00 - 17:30 SALA FITNESS ACTIVA CORE	17:00 - 17:50 SALA 1 ESPALDA SANA	17:00 - 17:30 SALA FITNESS ACTIVA CIRCUIT	17:00 - 17:50 SALA 1 BALLET MOVE	17:00 - 17:27 SALA FITNESS TABATA	17:00 - 17:30 SALA FITNESS ACTIVA CIRCUIT
			17:00 - 17:30 SALA FITNESS TABATA		17:00 - 17:30 SALA FITNESS HIIT		
18:00	18:00 - 18:30 SALA FITNESS ACTIVA CORE	18:00 - 19:00 SALA 1 BODYPUMP	18:00 - 18:30 SALA FITNESS ACTIVA CIRCUIT	18:00 - 18:50 SALA 1 BODYATTACK	18:00 - 18:50 SALA WALKING ACTIVA WALKING	18:00 - 18:30 SALA FITNESS ACTIVA CORE	18:00 - 18:27 SALA FITNESS TABATA
	18:00 - 19:00 SALA 1 BODYPUMP	18:00 - 18:30 SALA FITNESS TABATA	18:00 - 19:00 SALA 3 BODYBALANCE	18:00 - 18:30 SALA FITNESS HIIT	18:00 - 19:00 SALA 1 BODYPUMP	18:30 - 19:20 SALA CYCLING ACTIVA CYCLING	
	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:00 - 18:50 SALA 1 STEP	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:00 - 18:30 SALA FITNESS TRX		
	18:30 - 19:20 SALA 3 YOGA	18:15 - 19:05 SALA 3 DANCE	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:30 - 19:20 SALA 3 PILATES	18:00 - 18:50 SALA 3 YOGA		
19:00	19:00 - 20:00 AIM HARDER ACTIVA CROSS	19:00 - 19:58 AIM HARDER ACTIVA CROSS	19:00 - 19:58 AIM HARDER ACTIVA CROSS	19:00 - 19:58 AIM HARDER ACTIVA CROSS	19:00 - 19:58 AIM HARDER ACTIVA CROSS	19:00 - 19:30 SALA FITNESS TRX	19:00 - 19:30 SALA FITNESS ACTIVA CORE
	19:00 - 19:50 PISCINA AQUAGYM	19:05 - 20:05 SALA 1 BODYCOMBAT	19:05 - 19:55 SALA 1 GAP	19:00 - 20:28 PISCINA ACTIVA CLUB BE-TRAINING	19:00 - 19:45 PISCINA AQUAGYM		
	19:10 - 20:00 SALA 1 BODYATTACK	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING	19:05 - 19:50 SALA 3 SH'BAM	19:05 - 20:05 SALA 1 BODYPUMP	19:05 - 19:50 SALA 1 SH'BAM		
	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING	19:15 - 20:05 SALA WALKING ACTIVA WALKING	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING		
	19:15 - 20:05 SALA WALKING ACTIVA WALKING	19:20 - 20:20 SALA 3 BODYBALANCE		19:15 - 20:05 SALA WALKING ACTIVA WALKING			
	19:30 - 20:20 SALA 3 GAP			19:30 - 20:20 SALA 3 ZUMBA			
20:00	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:00 - 20:47 PISCINA AQUAGYM	20:00 - 20:50 OUTDOOR ACTIVARUN CLUB	20:05 - 21:05 SALA 1 BODYCOMBAT	20:00 - 21:00 SALA 1 BODYBALANCE	20:00 - 20:30 SALA FITNESS ACTIVA CIRCUIT	20:00 - 20:30 SALA FITNESS TRX
	20:15 - 21:15 SALA 1 BODYBALANCE	20:05 - 21:05 SALA 1 GRIT STRENGTH + CXWORX	20:00 - 20:50 PISCINA AQUAGYM	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:30 - 21:00 SALA FITNESS TABATA		
	20:30 - 21:00 SALA FITNESS ACTIVA CIRCUIT	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:05 - 21:05 SALA 1 BODYPUMP	20:30 - 21:00 SALA FITNESS ACTIVA CORE			
	20:30 - 21:15 SALA 3 HIPOPRESIVOS	20:25 - 21:15 SALA 3 PILATES	20:10 - 21:00 SALA 3 PILATES	20:35 - 21:25 SALA 3 YOGA			
		20:30 - 21:00 SALA FITNESS HIIT	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING				
			20:30 - 21:00 SALA FITNESS TRX				

21:00	21:15 - 22:15 SALA 1 BODYPUMP	21:15 - 22:05 SALA CYCLING ACTIVA CYCLING	21:30 - 22:00 SALA FITNESS HIIT	21:30 - 22:00 SALA FITNESS ACTIVA CIRCUIT	21:30 - 22:00 SALA FITNESS TRX
	21:20 - 21:50 SALA FITNESS TABATA	21:30 - 22:00 SALA FITNESS ACTIVA CORE			