

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

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

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

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