

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00	06:30 - 07:00 SALA FITNESS TABATA	06:30 - 07:00 SALA FITNESS ACTIVA CORE	06:30 - 07:00 SALA FITNESS TABATA	06:30 - 07:00 SALA FITNESS ACTIVA CORE	06:30 - 07:00 SALA FITNESS HIIT		
7:00	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		
	07:00 - 07:50 SALA WALKING ACTIVA WALKING	07:00 - 08:00 SALA 1 BODYPUMP	07:00 - 07:47 SALA CYCLING ACTIVA CYCLING	07:00 - 08:00 SALA 1 BODYPUMP	07:00 - 07:49 SALA CYCLING ACTIVA CYCLING		
				07:00 - 07:50 SALA 3 ACTIVARUN STRENGTH			
8:00	08:55 - 09:20 SALA FITNESS ACTIVA CORE	08:55 - 09:20 SALA FITNESS ACTIVA CORE	08:55 - 09:20 SALA FITNESS ACTIVA CORE	08:55 - 09:20 SALA FITNESS ACTIVA CORE	08:55 - 09:20 SALA FITNESS ACTIVA CORE		
	08:00 - 08:50 SALA CYCLING ACTIVA CYCLING	08:30 - 09:15 PISCINA AQUAGYM	08:00 - 09:00 SALA 1 BODYPUMP		08:30 - 09:15 PISCINA AQUAGYM		
9:00	09:30 - 10:20 SALA CYCLING ACTIVA CYCLING	09:30 - 10:20 SALA CYCLING ACTIVA CYCLING	09:30 - 10:15 SALA 1 SH'BAM	09:30 - 10:20 SALA CYCLING ACTIVA CYCLING	09:30 - 10:30 SALA 1 BODYPUMP	09:00 - 09:30 SALA FITNESS ACTIVA CORE	09:00 - 09:30 SALA FITNESS ACTIVA CORE
	09:30 - 10:30 SALA 1 BODYPUMP	09:30 - 10:20 SALA 1 BODYATTACK	09:30 - 10:20 SALA WALKING ACTIVA WALKING	09:30 - 10:20 SALA 1 GAP	09:00 - 10:20 SALA 3 TAI CHI		
	09:30 - 10:20 SALA 3 PILATES	09:30 - 10:15 SALA 3 HBX BOXING	09:30 - 10:20 SALA 3 PILATES	09:30 - 10:20 SALA 3 YOGA			
10:00	10:35 - 11:35 SALA 1 BODYCOMBAT	10:30 - 11:18 SALA 1 GAP	10:30 - 11:30 SALA 1 BODYPUMP	10:35 - 11:20 SALA 1 SH'BAM	10:30 - 11:30 SALA 1 BODYBALANCE	10:00 - 10:59 AIM HARDER ACTIVA CROSS VS AIM HARDER	10:30 - 11:00 SALA FITNESS ACTIVA CIRCUIT
	10:30 - 11:20 SALA 3 TAI CHI	10:30 - 11:30 BOX ACTIVA CROSS VS AIM HARDER	10:00 - 10:30 ZONA FUNCIONAL Y TRX CXWORX	10:35 - 11:20 SALA 3 HBX BOXING	10:35 - 11:25 SALA WALKING ACTIVA WALKING		
	10:30 - 11:27 AIM HARDER ACTIVA CROSS VS AIM HARDER	10:30 - 11:20 SALA 3 BALLET MOVE	10:30 - 11:30 AIM HARDER ACTIVA CROSS VS AIM HARDER	10:30 - 11:30 AIM HARDER ACTIVA CROSS VS AIM HARDER	10:30 - 11:30 BOX ACTIVA CROSS VS AIM HARDER		
11:00	11:30 - 12:00 SALA 1 CXWORX	11:35 - 12:25 SALA 1 STEP	11:30 - 12:30 SALA 1 BODYBALANCE	11:30 - 12:20 SALA 1 ESPALDA SANA	11:35 - 12:25 SALA 1 PILATES	11:00 - 11:50 SALA CYCLING ACTIVA CYCLING	11:00 - 11:50 SALA CYCLING ACTIVA CYCLING
	11:00 - 11:45 PISCINA AQUAGYM	11:00 - 11:45 PISCINA AQUAGYM	11:00 - 11:45 PISCINA AQUAGYM		11:00 - 11:45 PISCINA AQUAGYM	11:00 - 12:00 SALA 1 BODYPUMP	11:00 - 12:00 SALA 1 BODYPUMP
	11:30 - 12:20 SALA 3 YOGA	11:30 - 12:20 SALA 3 PILATES				11:00 - 11:45 PISCINA AQUAGYM	11:00 - 11:45 PISCINA AQUAGYM
12:00			12:30 - 13:15 SALA 1 HIPOPRESIVOS			12:00 - 12:30 SALA FITNESS ACTIVA CIRCUIT	12:00 - 12:30 SALA FITNESS TABATA
						12:10 - 13:00 SALA CYCLING ACTIVA CYCLING	12:10 - 13:00 SALA CYCLING ACTIVA CYCLING
						12:10 - 13:10 SALA 1 BODYBALANCE	12:10 - 13:10 SALA 1 ACTIVA WEEKEND
13:00	13:00 - 13:30 SALA FITNESS ACTIVA CIRCUIT	13:00 - 13:30 SALA FITNESS HIIT	13:00 - 13:30 SALA FITNESS TABATA	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 HIIT	14:00 - 14:30 SALA FITNESS TRX	14:00 - 14:30 SALA FITNESS HIIT		

	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 CYCLING ACTIVA CYCLING		
	14:30 - 15:20 SALA 1 BODYATTACK	14:30 - 15:30 SALA 1 BODYPUMP	14:30 - 15:30 SALA 1 BODYCOMBAT	14:30 - 15:30 SALA 1 BODYPUMP	14:30 - 15:00 SALA 1 GRITSTRENGTH		
	14:30 - 15:30 BOX ACTIVA CROSS VS AIM HARDER	14:30 - 15:15 PISCINA AQUAGYM	14:30 - 15:30 AIM HARDER ACTIVA CROSS VS AIM HARDER	14:30 - 15:15 PISCINA AQUAGYM	14:30 - 15:30 SALA 3 BODYBALANCE		
	14:30 - 15:20 SALA 3 PILATES	14:30 - 15:15 SALA 3 HBX BOXING		14:30 - 15:30 BOX ACTIVA CROSS VS AIM HARDER	14:30 - 15:30 AIM HARDER ACTIVA CROSS VS AIM HARDER		
		14:30 - 15:30 AIM HARDER ACTIVA CROSS VS AIM HARDER		14:30 - 15:20 SALA 3 ESPALDA SANA			
15:00	15:30 - 16:30 SALA 1 BODYPUMP	15:35 - 16:25 SALA 1 GAP	15:35 - 16:25 SALA 1 PILATES		15:00 - 15:30 SALA 1 CXWORX		
			15:40 - 16:30 SALA WALKING ACTIVA WALKING		15:35 - 16:25 SALA 3 YOGA		
17:00	17:00 - 17:30 SALA FITNESS TRX	17:00 - 17:30 SALA FITNESS ACTIVA CORE	17:00 - 17:30 SALA FITNESS TABATA	17:00 - 17:30 SALA FITNESS ACTIVA CIRCUIT	17:00 - 17:30 SALA FITNESS HIIT	17:00 - 17:27 SALA FITNESS TABATA	17:00 - 17:30 SALA FITNESS ACTIVA CIRCUIT
	17:00 - 17:50 SALA 1 GAP	17:30 - 18:10 SALA 3 HBX BOXING	17:00 - 17:30 SALA 1 BODYATTACK	17:00 - 17:30 SALA 1 GRITSTRENGTH	17:00 - 18:00 SALA 1 BODYPUMP		
			17:30 - 18:00 SALA 1 CXWORX	17:30 - 18:00 SALA 1 CXWORX			
			17:00 - 17:50 SALA 3 ESPALDA SANA				
18:00	18:00 - 18:30 SALA FITNESS ACTIVA CORE	18:00 - 18:30 SALA FITNESS TABATA	18:00 - 18:30 SALA FITNESS ACTIVA CIRCUIT	18:00 - 18:30 SALA FITNESS HIIT	18:00 - 18:30 SALA FITNESS TRX	18:00 - 18:30 SALA FITNESS ACTIVA CORE	18:00 - 18:27 SALA FITNESS TABATA
	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:15 - 19:05 SALA CYCLING ACTIVA CYCLING	18:00 - 18:30 SALA 1 CXWORX		
	18:00 - 19:00 SALA 1 BODYPUMP	18:00 - 19:00 SALA 1 BODYPUMP	18:00 - 18:50 SALA 1 STEP	18:00 - 18:50 SALA 1 BODYATTACK	18:30 - 19:00 SALA 1 BODYATTACK		
	18:00 - 18:50 SALA 3 BALLET MOVE	18:15 - 19:05 SALA 3 KICK BOXING	18:00 - 19:00 SALA 3 BODYBALANCE	18:00 - 18:50 SALA 3 PILATES	18:00 - 18:50 SALA WALKING ACTIVA WALKING		
					18:00 - 18:50 SALA 3 YOGA		
19:00	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 CYCLING ACTIVA CYCLING	19:15 - 20:05 SALA CYCLING ACTIVA CYCLING	19:00 - 19:30 SALA FITNESS TRX	19:00 - 19:30 SALA FITNESS ACTIVA CORE
	19:10 - 20:00 SALA 1 BODYATTACK	19:10 - 20:10 SALA 1 BODYCOMBAT	19:10 - 20:00 SALA 1 GAP	19:10 - 20:10 SALA 1 BODYPUMP	19:10 - 19:55 SALA 1 SH'BAM		
	19:30 - 20:20 SALA WALKING ACTIVA WALKING	19:25 - 20:25 SALA 3 BODYBALANCE	19:30 - 20:20 SALA WALKING ACTIVA WALKING	19:10 - 19:55 SALA 3 HBX BOXING	19:00 - 20:00 BOX ACTIVA CROSS VS AIM HARDER		
	19:00 - 19:45 SALA 3 SH'BAM	19:00 - 19:58 AIM HARDER ACTIVA CROSS VS AIM HARDER	19:10 - 19:55 SALA 3 SH'BAM	19:00 - 19:58 AIM HARDER ACTIVA CROSS VS AIM HARDER			
	19:00 - 20:00 AIM HARDER ACTIVA CROSS VS AIM HARDER		19:00 - 20:00 AIM HARDER ACTIVA CROSS VS AIM HARDER				
20:00	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:15 - 21:05 SALA CYCLING ACTIVA CYCLING	20:10 - 21:10 SALA 1 BODYBALANCE		
	20:15 - 21:15 SALA 1 BODYBALANCE	20:15 - 20:45 SALA 1 CXWORX	20:15 - 21:15 SALA 1 BODYPUMP	20:15 - 21:15 SALA 1 BODYCOMBAT			

	20:00 - 20:45 PISCINA AQUAGYM	20:45 - 21:15 SALA 1 GRITSTRENGTH	20:00 - 20:45 PISCINA AQUAGYM	20:00 - 20:45 PISCINA AQUAGYM	
	20:00 - 20:50 SALA 3 GAP	20:00 - 20:45 PISCINA AQUAGYM	20:10 - 21:00 SALA 3 PILATES	20:00 - 20:50 OUTDOOR ACTIVARUN CLUB	
		20:00 - 21:00 BOX ACTIVA CROSS VS AIM HARDER		20:00 - 20:50 SALA 3 ZUMBA	
		20:30 - 21:20 SALA 3 PILATES			
21:00	21:00 - 21:30 SALA FITNESS TABATA	21:00 - 21:30 SALA FITNESS ACTIVA CORE	21:00 - 21:30 SALA FITNESS HIIT	21:00 - 21:30 SALA FITNESS TABATA	21:00 - 21:30 SALA FITNESS TRX
	21:15 - 22:15 SALA 1 BODYPUMP	21:15 - 22:05 SALA CYCLING ACTIVA CYCLING		21:00 - 21:50 SALA 3 YOGA	
		21:25 - 22:15 SALA 3 YOGA			