

# HORARIO DE ACTIVIDADES

DESDE EL 2 AL 8 DE SEPTIEMBRE EN ACTIVA CLUB PUERTO

	lun 02	mar 03	mié 04	jue 05	vie 06	sáb 07	dom 08
07:00	07:00 - 07:45 ACTIVA CROSS BOX		07:00 - 07:45 ACTIVA CROSS BOX	07:00 - 07:45 ACTIVA CROSS BOX			
08:00	08:30 - 09:15 PILATES SALA 4	08:30 - 09:15 YOGA SALA 4	08:30 - 09:20 PILATES SALA 4		08:30 - 09:15 YOGA SALA 4		
	08:30 - 09:20 CYCLING & WALKING FUSION SALA 2	08:30 - 09:20 CYCLING & WALKING FUSION SALA 2	08:30 - 09:20 BODYPUMP SALA 1		08:30 - 09:20 CYCLING & WALKING FUSION SALA 2		
09:00	09:30 - 10:15 ZUMBA SALA 1	09:30 - 10:20 PILATES SALA 4	09:30 - 10:20 BODYCOMBAT SALA 1	09:30 - 10:20 PILATES SALA 4			
	09:30 - 10:15 HBX BOXING ZONA HBX	09:30 - 10:20 BODYPUMP SALA 1	09:30 - 10:20 HYROX BOX	09:30 - 10:20 HYROX BOX	09:30 - 10:20 BODYPUMP SALA 1	09:30 - 10:20 HYROX BOX	
	09:30 - 10:20 CYCLING & WALKING FUSION SALA 2		09:30 - 10:20 CYCLING & WALKING FUSION SALA 2	09:30 - 10:20 CYCLING & WALKING FUSION SALA 2			
10:00	10:00 - 10:45 ACTIVA CROSS BOX	10:30 - 11:15 HBX BOXING ZONA HBX	10:30 - 11:20 BODYPUMP SALA 1	10:30 - 11:20 GAP SALA 1	10:30 - 11:20 ACTIVA CROSS BOX	10:30 - 11:20 CYCLING & WALKING FUSION SALA 2	10:30 - 11:20 CYCLING & WALKING FUSION SALA 2
	10:30 - 11:20 PILATES SALA 4	10:30 - 11:20 CYCLING & WALKING FUSION SALA 2	10:30 - 11:15 ACTIVA CROSS BOX	10:30 - 11:15 ACTIVA CROSS BOX	10:30 - 11:20 CYCLING & WALKING FUSION SALA 2		

	10:30 - 11:20 BODYPUMP SALA 1		10:30 - 11:15 HBX BOXING ZONA HBX	10:30 - 11:15 BODYJUMP SALA 1	
11:00					11:30 - 12:20 BODYPUMP SALA 1
17:00	17:30 - 18:20 BODYPUMP SALA 1	17:30 - 18:20 BODYCOMBAT SALA 1	17:30 - 18:20 BODYPUMP SALA 1		
	18:30 - 19:20 PILATES SALA 4	18:30 - 19:20 BODYPUMP SALA 1	18:30 - 19:20 PILATES SALA 4	18:30 - 19:20 PILATES SALA 4	18:00 - 18:45 ACTIVA CROSS BOX
18:00	18:30 - 19:15 HBX BOXING ZONA HBX	18:30 - 19:20 GAP SALA 4	18:30 - 19:15 ACTIVA CROSS BOX	18:30 - 19:20 BODYPUMP SALA 1	18:30 - 19:20 PILATES SALA 4
	18:30 - 19:15 ACTIVA CROSS BOX	18:30 - 19:15 ACTIVA CROSS BOX	18:30 - 19:15 BODYJUMP SALA 1	18:30 - 19:20 HYROX BOX	18:30 - 19:20 CYCLING & WALKING FUSION SALA 2
	19:30 - 20:15 ACTIVA CROSS BOX	19:30 - 20:20 PILATES SALA 4	19:30 - 20:20 BODYBALANCE SALA 4	19:30 - 20:15 YOGA SALA 4	19:00 - 20:30 ACTIVA CROSS AVANZADO (9 BOX
	19:30 - 20:20 CYCLING & WALKING FUSION SALA 2	19:30 - 20:20 BODYPUMP SALA 1	19:30 - 20:15 ACTIVA CROSS BOX	19:30 - 20:15 HBX BOXING ZONA HBX	19:30 - 20:20 BODYPUMP SALA 1
19:00	19:30 - 20:15 BODYJUMP SALA 1	19:30 - 20:20 CYCLING & WALKING FUSION SALA 2	19:30 - 20:20 CYCLING & WALKING FUSION SALA 2	19:30 - 20:20 CYCLING & WALKING FUSION SALA 2	

19:30 - 20:15  
ACTIVA CROSS  
BOX

20:30 - 21:20  
BODYPUMP  
SALA 1

20:30 - 21:15  
ZUMBA  
SALA 1

20:30 - 21:15  
STRETCHING  
SALA 4

20:30 - 21:15  
ZUMBA  
SALA 1

20:30 - 21:15  
YOGA  
SALA 4

20:30 - 21:20  
CYCLING &  
WALKING  
FUSION  
SALA 2

20:00

20:30 - 21:20  
HYROX  
BOX

20:30 - 21:20  
CYCLING &  
WALKING  
FUSION  
SALA 2