

HORARIO DE ACTIVIDADES

DESDE EL 23 AL 29 DE SEPTIEMBRE EN ACTIVA CLUB PUERTO

	lun 23	mar 24	mié 25	jue 26	vie 27	sáb 28	dom 29
07:00	07:00 - 07:45 ACTIVA CROSS BOX		07:00 - 07:45 ACTIVA CROSS BOX	07:00 - 07:45 ACTIVA CROSS BOX	07:30 - 08:20 HYROX BOX		
	07:30 - 08:20 BODYPUMP SALA 1						
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 AST (ACTIVA SUSPENSION T BOX	08:30 - 09:15 YOGA SALA 4		
	08:30 - 09:15 AST (ACTIVA SUSPENSION T BOX	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		
	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 - 10:20 PILATES SALA 4	09:30 - 10:20 PILATES SALA 4	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 - 10:15 ZUMBA SALA 1	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 HYROX BOX	09:30 - 10:20 CYCLING & WALKING FUSION SALA 2	09:30 - 10:20 HYROX BOX			

				09:30 - 10:20 CYCLING & WALKING FUSION SALA 2		
	10:00 - 10:45 ACTIVA CROSS BOX	10:30 - 11:20 BODYBALANCE SALA 4	10:30 - 11:20 BODYBALANCE SALA 4	10:30 - 11:20 GAP SALA 1	10:30 - 11:20 ACTIVA CROSS BOX	10:30 - 11:20 CYCLING & WALKING FUSION SALA 2
10:00	10:30 - 11:20 PILATES SALA 4	10:30 - 11:20 CYCLING & WALKING FUSION SALA 2	10:30 - 11:20 BODYPUMP SALA 1	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 ACTIVA CROSS BOX	10:30 - 11:15 HBX BOXING ZONA HBX	10:30 - 11:15 BODYJUMP SALA 1	
						11:30 - 12:20 BODYPUMP SALA 1
11:00						11:30 - 12:20 BODYPUMP SALA 1
	17:30 - 18:20 PILATES SALA 4	17:30 - 18:20 BODYCOMBAT SALA 1	17:30 - 18:20 BODYPUMP SALA 1			
17:00	17:30 - 18:20 BODYPUMP SALA 1					
	18:30 - 19:15 HBX BOXING ZONA HBX	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	
	18:30 - 19:15 ACTIVA CROSS BOX	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	

18:00

18:30 - 19:20
CYCLING &
WALKING
FUSION
SALA 2

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

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