

HORARIO DE ACTIVIDADES DIRIGIDAS

DESDE EL 9 DE SEPTIEMBRE
EN ACTIVA CLUB JEREZ

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|------------------------------------|
| 06:00 | 06:30 - 07:15 WALKING & CYCLING FUSION SALA 4 | 06:30 - 07:15 BODY ACTIVA SYSTEM SALA 5 | 06:30 - 07:15 HYROX BOX | 06:30 - 07:15 BODY ACTIVA SYSTEM SALA 5 | 06:30 - 07:15 WALKING & CYCLING FUSION SALA 4 | | |
| 07:00 | 07:30 - 08:30 ACTIVACROSS WOD BOX | 07:30 - 08:30 ACTIVACROSS WOD BOX | 07:30 - 08:15 GAP SALA 5 | 07:30 - 08:30 ACTIVACROSS WOD BOX | 07:30 - 08:30 ACTIVACROSS WOD BOX | | |
| | 07:30 - 08:15 BODY ACTIVA SYSTEM SALA 5 | | 07:30 - 08:30 ACTIVACROSS WOD BOX | | 07:30 - 08:15 BODY ACTIVA SYSTEM SALA 5 | | |
| 08:00 | 08:30 - 09:15 PILATES SALA 3 | 08:30 - 09:15 WALKING & CYCLING FUSION SALA 4 | 08:30 - 09:15 BODY ACTIVA SYSTEM SALA 5 | 08:30 - 09:15 WALKING & CYCLING FUSION SALA 4 | 08:30 - 09:15 WALKING & CYCLING FUSION SALA 4 | 08:30 - 09:15 WALKING & CYCLING FUSION SALA 4 | |
| | 08:30 - 09:15 WALKING & CYCLING FUSION SALA 4 | 08:30 - 09:15 HYROX BOX | 08:30 - 09:30 ACTIVACROSS WOD BOX | 08:30 - 09:30 ACTIVACROSS WOD BOX | 08:30 - 09:15 ESPALDA SANA SALA 3 | 08:30 - 09:30 ACTIVACROSS WOD BOX | |
| | 08:30 - 09:30 ACTIVACROSS WOD BOX | | 08:30 - 09:15 ESPALDA SANA SALA 3 | | 08:30 - 09:30 ACTIVACROSS WOD BOX | | |
| | 09:30 - 10:15 ACTIVA FUNCIONAL SALA 5 | 09:30 - 10:15 YOGA SALA 3 | 09:30 - 10:15 PILATES SALA 3 | 09:30 - 10:15 YOGA SALA 3 | 09:30 - 10:15 PILATES SALA 3 | 09:30 - 10:15 ESPALDA SANA SALA 3 | 09:30 - 10:15 PILATES SALA 3 |
| | 09:30 - 10:15 ACTIVA RUN PLAZAACCESO | 09:30 - 10:15 WALKING & CYCLING FUSION SALA 4 | 09:30 - 10:15 ACTIVA RUN PLAZAACCESO | 09:30 - 10:15 WALKING & CYCLING FUSION SALA 4 | 09:30 - 10:15 ACTIVA RUN PLAZAACCESO | 09:30 - 10:15 HYROX BOX | |

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--------|-----------|--------|---------|--------|---------|
|-------|--------|-----------|--------|---------|--------|---------|

09:00

09:30 - 10:15
BODYBALANCE
SALA 3

09:30 - 10:30
ACTIVACROSS
WOD
BOX

09:30 - 10:15
WALKING &
CYCLING
FUSION
SALA 4

09:30 - 10:15
BODY ACTIVA
SYSTEM
SALA 5

09:30 - 10:15
WALKING &
CYCLING
FUSION
SALA 4

09:30 - 10:15
WALKING &
CYCLING
FUSION
SALA 4

09:30 - 10:15
BODY ACTIVA
SYSTEM
SALA 5

09:30 - 10:15
ACTIVA
FUNCIONAL
SALA 5

09:30 - 10:30
ACTIVACROSS
WOD
BOX

09:30 - 10:15
STEP
SALA 5

09:30 - 10:15
AQUAGYM
PISCINA

09:30 - 10:15
AQUACOMBAT
PISCINA

09:30 - 10:30
ACTIVACROSS
WOD
BOX

09:30 - 10:15
AQUACOMBAT
PISCINA

09:30 - 10:15
AQUAGYM
PISCINA

09:30 - 10:15
HYROX
BOX

09:30 - 10:15
AQUAWORK
PISCINA

09:30 - 10:15
HYROX
BOX

10:00

10:30 - 11:15
PILATES
SALA 3

10:30 - 11:15
PILATES
SALA 3

10:30 - 11:15
BODYPUMP
SALA 5

10:30 - 11:15
PILATES
SALA 3

10:30 - 11:15
GAP
SALA 5

10:30 - 11:30
ACTIVACROSS
WOD
BOX

10:30 - 11:15
WALKING &
CYCLING
FUSION
SALA 4

10:30 - 11:15
GAP
SALA 5

10:30 - 11:15
BODYCOMBAT
SALA 5

10:30 - 11:15
BODYBALANCE
SALA 3

10:30 - 11:15
BODYCOMBAT
SALA 5

10:30 - 11:15
BODYBALANCE
SALA 3

10:30 - 11:15
BODY ACTIVA
SYSTEM
SALA 5

10:30 - 11:15
AQUACOMBAT
PISCINA

10:30 - 11:15
WALKING &
CYCLING
FUSION
SALA 4

10:30 - 11:15
WALKING &
CYCLING
FUSION
SALA 4

10:30 - 11:15
WALKING &
CYCLING
FUSION
SALA 4

10:30 - 11:15
WALKING &
CYCLING
FUSION
SALA 4

10:30 - 11:30
ACTIVACROSS
WOD
BOX

10:30 - 11:15
AQUAWORK
PISCINA

10:30 - 11:30
ACTIVACROSS
WOD
BOX

10:30 - 11:30
ACTIVACROSS
WOD
BOX

10:30 - 11:15
AQUAGYM
PISCINA

10:30 - 11:30
ACTIVACROSS
WOD
BOX

10:30 - 11:15
AQUAWORK
PISCINA

10:30 - 11:15
AQUAWORK
PISCINA

10:30 - 11:15
HYROX
BOX

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|-----------------------------------------------------------|--------------------------------------------------|--------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|----------------------------------------|--------------------------------------------------|
| | 11:30 - 12:15 BODYPUMP SALA 5 | 11:30 - 12:15 ZUMBA SALA 5 | 11:30 - 12:15 GAP SALA 5 | 11:30 - 12:15 ZUMBA SALA 5 | 11:30 - 12:15 YOGA SALA 3 | | 11:30 - 12:15 BODY ACTIVA SYSTEM SALA 5 |
| 11:00 | 11:30 - 12:15 YOGA SALA 3 | 11:30 - 12:15 AQUAGYM PISCINA | 11:30 - 12:15 PILATES SALA 3 | 11:30 - 12:15 AQUAGYM PISCINA | | | |
| | | 11:30 - 12:15 ESPALDA SANA SALA 3 | | 11:30 - 12:15 ESPALDA SANA SALA 3 | | | |
| | 17:00 - 18:00 ACTIVACROSS WOD BOX | 17:00 - 18:00 ACTIVACROSS WOD BOX | 17:00 - 18:00 ACTIVACROSS WOD BOX | 17:00 - 18:00 ACTIVACROSS WOD BOX | 17:00 - 17:45 HYROX BOX | | |
| 17:00 | 17:30 - 18:15 BODYPUMP SALA 5 | 17:30 - 18:15 ESPALDA SANA SALA 3 | 17:30 - 18:15 BODYPUMP SALA 5 | 17:30 - 18:15 PILATES SALA 3 | 17:30 - 18:15 GAP SALA 5 | | |
| | 17:30 - 18:15 PILATES SALA 3 | 17:30 - 18:15 BODY ACTIVA SYSTEM SALA 5 | 17:30 - 18:15 PILATES SALA 3 | 17:30 - 18:15 ACTIVA FUNCIONAL SALA 5 | 17:30 - 18:15 PILATES SALA 3 | | |
| | 18:00 - 19:00 ACTIVACROSS WOD BOX | 18:00 - 19:00 ACTIVACROSS WOD BOX | 18:00 - 19:00 ACTIVACROSS WOD BOX | 18:00 - 18:45 HYROX BOX | 18:00 - 19:00 ACTIVACROSS WOD BOX | 18:30 - 19:15 AQUACOMBAT PISCINA | 18:30 - 19:15 AQUAWORK PISCINA |
| | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | 18:30 - 19:15 GAP SALA 5 | 18:30 - 19:15 GAP SALA 5 | 18:30 - 19:15 YOGA SALA 3 | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | | |
| 18:00 | 18:30 - 19:15 ZUMBA SALA 5 | 18:30 - 19:15 PILATES SALA 3 | 18:30 - 19:15 YOGA SALA 3 | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | 18:30 - 19:15 ZUMBA SALA 5 | | |

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|-----------------------------------------|--------|---------|
| | 18:30 - 19:15 ESPALDA SANA SALA 3 | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | 18:30 - 19:15 STEP SALA 5 | | | |
| | 19:00 - 20:00 ACTIVACROSS WOD BOX | 19:00 - 20:00 ACTIVACROSS WOD BOX | 19:00 - 19:45 HYROX BOX | 19:00 - 20:00 ACTIVACROSS WOD BOX | 19:00 - 20:00 ACTIVACROSS WOD BOX | | |
| | 19:00 - 19:45 AQUAWORK PISCINA | 19:00 - 19:45 AQUACOMBAT PISCINA | 19:00 - 19:45 AQUAWORK PISCINA | 19:00 - 19:45 AQUACOMBAT PISCINA | 19:00 - 19:45 AQUAWORK PISCINA | | |
| 19:00 | 19:30 - 20:15 PILATES SALA 3 | 19:30 - 20:15 WALKING & CYCLING FUSION SALA 4 | 19:30 - 20:15 PILATES SALA 3 | 19:30 - 20:15 BODYPUMP SALA 5 | 19:30 - 20:15 BODYPUMP SALA 5 | | |
| | 19:30 - 20:15 GAP SALA 5 | 19:30 - 20:15 BODYBALANCE SALA 3 | 19:30 - 20:15 ZUMBA SALA 5 | 19:30 - 20:15 WALKING & CYCLING FUSION SALA 4 | | | |
| | 19:30 - 20:15 WALKING & CYCLING FUSION SALA 4 | 19:30 - 20:15 STEP SALA 5 | 19:30 - 20:15 WALKING & CYCLING FUSION SALA 4 | 19:30 - 20:15 ESPALDA SANA SALA 3 | | | |
| | 20:00 - 21:00 ACTIVACROSS WOD BOX | 20:00 - 20:45 ACTIVA RUN PLAZA ACCESO | 20:00 - 21:00 ACTIVACROSS WOD BOX | 20:00 - 20:45 ACTIVA RUN PLAZA ACCESO | 20:00 - 20:45 AQUACOMBAT PISCINA | | |
| | 20:00 - 20:45 AQUACOMBAT PISCINA | 20:00 - 20:45 HYROX BOX | 20:00 - 20:45 AQUACOMBAT PISCINA | 20:00 - 21:00 ACTIVACROSS WOD BOX | | | |
| 20:00 | 20:30 - 21:15 WALKING & CYCLING FUSION SALA 4 | 20:00 - 20:45 AQUAWORK PISCINA | 20:30 - 21:15 ACTIVA FUNCIONAL SALA 5 | 20:00 - 20:45 AQUAWORK PISCINA | | | |

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

20:30 - 21:15
BODYCOMBAT
SALA 5

20:30 - 21:15
BODYCOMBAT
SALA 5

21:00 - 21:45
HYROX
BOX

21:00 - 22:00
ACTIVACROSS
WOD
BOX

21:00 - 22:00
ACTIVACROSS
WOD
BOX

21:00 - 22:00
ACTIVACROSS
WOD
BOX

21:00