

HORARIO DE ACTIVIDADES

DESDE EL 20 DE ENERO EN ACTIVA CLUB JEREZ

| HORA | 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 HBX SALA FUNCIONAL | 06:30 - 07:15 BODYPUMP SALA 5 | 06:30 - 07:15 WALKING & CYCLING FUSION SALA 4 | | |
| | 06:30 - 07:15 HYROX BOX | | 06:30 - 07:15 HYROX BOX | | | | |
| 07:00 | 07:30 - 08:30 ACTIVACROSS WOD BOX | 07:30 - 08:15 ACTIVA RUN PLAZA ACCESO | 07:30 - 08:15 GAP SALA 5 | 07:30 - 08:15 ACTIVA RUN PLAZA ACCESO | 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 - 08:30 ACTIVACROSS WOD BOX | 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 - 08:55 ACTIVA CORE SALA 5 | 08:30 - 09:15 WALKING & CYCLING FUSION SALA 4 | 08:30 - 09:30 ACTIVACROSS WOD BOX | |
| | 08:30 - 09:30 ACTIVACROSS WOD BOX | 08:30 - 08:55 HIIT SALA 5 | 08:30 - 09:15 ESPALDA SANA SALA 3 | 08:30 - 09:15 WALKING & CYCLING FUSION SALA 4 | 08:30 - 09:30 ACTIVACROSS WOD BOX | | |
| | 08:30 - 09:15 WALKING & CYCLING FUSION SALA 4 | 08:30 - 09:15 HYROX BOX | 08:30 - 09:30 ACTIVACROSS GYMNASTICS BOX | 08:30 - 09:30 ACTIVACROSS WOD BOX | 08:30 - 09:15 WALKING OUTDOOR PLAZA ACCESO | | |
| | 08:30 - 09:15 WALKING OUTDOOR PLAZA ACCESO | | 08:30 - 09:15 WALKING OUTDOOR PLAZA ACCESO | | 08:30 - 09:15 SHAPES SALA 3 | | |
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| 09:00 | 09:30 - 10:15 PILATES SALA 3 | 09:00 - 09:25 ACTIVA CORE SALA 5 | 09:30 - 10:15 PILATES SALA 3 | 09:00 - 09:25 HIIT SALA 5 | 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 FUNCIONAL SALA 5 | 09:30 - 10:15 YOGA SALA 3 | 09:30 - 10:15 ACTIVA FUNCIONAL SALA 5 | 09:30 - 10:15 YOGA SALA 3 | 09:30 - 10:15 WALKING & CYCLING FUSION SALA 4 | 09:30 - 10:15 HYROX BOX | 09:30 - 10:30 EGYM SHOWROOM SALA FITNESS |
| | 09:30 - 10:15 ACTIVA RUN PLAZAACCESO | 09:30 - 10:30 ACTIVACROSS WOD BOX | 09:30 - 10:15 ACTIVA RUN PLAZAACCESO | 09:30 - 10:15 WALKING & CYCLING FUSION SALA 4 | 09:30 - 10:15 STEP SALA 5 | 09:30 - 10:30 EGYM SHOWROOM SALA FITNESS | |
| | 09:30 - 10:15 AQUAGYM PISCINA | 09:30 - 10:15 WALKING & CYCLING FUSION SALA 4 | 09:30 - 10:15 AQUAGYM PISCINA | 09:30 - 10:15 BODY ACTIVA SYSTEM SALA 5 | 09:30 - 10:15 ACTIVA RUN PLAZAACCESO | | |
| | 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 - 10:30 ACTIVACROSS WOD BOX | 09:30 - 10:15 AQUAGYM PISCINA | | |
| | 09:30 - 10:15 HYROX BOX | 09:30 - 10:15 AQUACOMBAT PISCINA | 09:30 - 10:30 ACTIVACROSS WOD BOX | 09:30 - 10:15 AQUACOMBAT PISCINA | 09:30 - 10:15 HYROX BOX | | |
| | | | | | 09:30 - 10:30 EGYM SHOWROOM SALA FITNESS | | |
| | 10:30 - 11:15 GAP SALA 5 | 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 BODYBALANCE SALA 3 | 10:30 - 11:15 BODYPUMP SALA 5 | 10:30 - 11:15 WALKING & CYCLING FUSION SALA 4 |
| | 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 BODYCOMBAT SALA 5 | 10:30 - 11:30 ACTIVACROSS WOD BOX | 10:30 - 11:30 ACTIVACROSS WOD BOX | 10:30 - 11:15 AQUACOMBAT PISCINA |

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|-------|---|---|---|---|---|---|---|
| 10:00 | 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 - 11:15 AQUAWORK PISCINA | 10:30 - 11:15 AQUAWORK PISCINA | |
| | 10:30 - 11:30 ACTIVACROSS WOD BOX | 10:30 - 11:30 ACTIVACROSS WOD BOX | 10:30 - 11:15 HYROX BOX | 10:30 - 11:30 ACTIVACROSS WOD BOX | 10:30 - 11:15 HBX SALA FUNCIONAL | | |
| | 10:30 - 11:15 HBX SALA FUNCIONAL | 10:30 - 11:00 STRETCHING POOL PISCINA | 10:30 - 11:15 AQUAWORK PISCINA | 10:30 - 11:00 STRETCHING POOL PISCINA | 10:30 - 11:15 GLUTEBOOM SALA 5 | | |
| | 10:30 - 11:15 AQUAWORK PISCINA | | | | | | |
| 11:00 | 11:30 - 12:15 BODYPUMP SALA 5 | 11:30 - 12:15 ZUMBA SALA 5 | 11:30 - 12:15 GLUTEBOOM SALA 5 | 11:30 - 12:15 AQUAGYM PISCINA | 11:30 - 12:15 BODYPUMP SALA 5 | 11:30 - 12:15 WALKING & CYCLING FUSION SALA 4 | 11:30 - 12:15 BODY ACTIVA SYSTEM SALA 5 |
| | 11:30 - 12:15 YOGA SALA 3 | 11:30 - 12:15 AQUAGYM PISCINA | 11:30 - 12:15 SHAPES SALA 3 | 11:30 - 12:15 ZUMBA SALA 5 | 11:30 - 12:15 YOGA SALA 3 | | |
| | | 11:30 - 12:15 ESPALDA SANA SALA 3 | | 11:30 - 12:15 ESPALDA SANA SALA 3 | | | |
| 12:00 | 12:30 - 13:15 ESPALDA SANA SALA 3 | 12:30 - 13:15 YOGA SALA 3 | 12:30 - 13:15 ESPALDA SANA SALA 3 | 12:30 - 13:15 YOGA SALA 3 | 12:30 - 13:15 ESPALDA SANA SALA 3 | | |
| | | 12:30 - 13:20 BULERÍAS SALA 3 | | 12:30 - 13:20 BULERÍAS SALA 3 | | | |

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| 16:00 | 16:30 - 17:15 BODY ACTIVA SYSTEM SALA 5 | | 16:30 - 17:15 PILATES 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 - 18:00 ACTIVACROSS WOD BOX | | |
| 17:00 | 17:30 - 18:15 BODYPUMP SALA 5 | 17:30 - 18:15 BODY ACTIVA SYSTEM SALA 5 | 17:30 - 18:15 BODYPUMP SALA 5 | 17:30 - 18:15 ACTIVA FUNCIONAL SALA 5 | 17:30 - 18:15 PILATES SALA 3 | | |
| | 17:30 - 18:15 PILATES SALA 3 | 17:30 - 18:15 SHAPES SALA 3 | 17:30 - 18:15 ESPALDA SANA SALA 3 | 17:30 - 18:15 ESPALDA SANA SALA 3 | 17:30 - 18:15 GLUTEBOOM SALA 5 | | |
| 18:00 | 18:00 - 19:00 ACTIVACROSS GYMNASTICS 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 | 18:00 - 19:00 EGYM SHOWROOM SALA FITNESS | 18:00 - 19:00 EGYM SHOWROOM SALA FITNESS |
| | 18:30 - 19:15 ZUMBA SALA 5 | 18:30 - 19:15 GAP SALA 5 | 18:30 - 19:15 PILATES SALA 3 | 18:30 - 19:15 YOGA SALA 3 | 18:00 - 19:00 EGYM SHOWROOM SALA FITNESS | 18:30 - 19:15 AQUACOMBAT PISCINA | 18:30 - 19:15 AQUAWORK PISCINA |
| | 18:30 - 19:15 BODYBALANCE SALA 3 | 18:30 - 19:15 BODYBALANCE SALA 3 | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | 18:30 - 19:15 STEP SALA 5 | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | | |
| | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | 18:30 - 19:15 GLUTEBOOM SALA 5 | 18:30 - 19:15 WALKING & CYCLING FUSION SALA 4 | 18:30 - 19:15 ZUMBA SALA 5 | | |
| | | | | 18:30 - 19:15 HBX SALA FUNCIONAL | 18:30 - 19:15 BODYBALANCE SALA 3 | | |

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| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|---|---|---|---|--|--------|---------|
| 19:00 | 19:00 - 20:00 ACTIVACROSS WOD BOX | 19:00 - 20:00 ACTIVACROSS WOD BOX | 19:00 - 19:45 AQUAGYM PISCINA | 19:00 - 20:00 ACTIVACROSS WEIGHTLIFTIN BOX | 19:00 - 20:00 ACTIVACROSS WOD BOX | | |
| | 19:00 - 19:45 AQUAWORK PISCINA | 19:00 - 19:45 AQUACOMBAT PISCINA | 19:00 - 19:45 HYROX BOX | 19:00 - 19:45 AQUACOMBAT PISCINA | 19:00 - 19:45 AQUAWORK PISCINA | | |
| | 19:30 - 20:15 GAP SALA 5 | 19:30 - 20:15 PILATES SALA 3 | 19:30 - 20:15 ZUMBA SALA 5 | 19:30 - 20:15 BODYCOMBAT SALA 5 | 19:30 - 20:15 BODYPUMP SALA 5 | | |
| | 19:30 - 20:15 PILATES SALA 3 | 19:30 - 20:15 STEP SALA 5 | 19:30 - 20:15 YOGA SALA 3 | 19:30 - 20:15 WALKING & CYCLING FUSION SALA 4 | | | |
| | 19:30 - 20:15 WALKING & CYCLING FUSION SALA 4 | 19:30 - 20:15 WALKING & CYCLING FUSION SALA 4 | 19:30 - 20:15 WALKING & CYCLING FUSION SALA 4 | 19:30 - 20:15 SHAPES SALA 3 | | | |
| | | 19:30 - 20:15 HBX SALA FUNCIONAL | | | | | |
| | 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 - 20:30 STRETCHING POOL PISCINA | | |
| | 20:00 - 20:30 STRETCHING POOL PISCINA | 20:00 - 20:45 HYROX BOX | 20:00 - 20:30 STRETCHING POOL PISCINA | 20:00 - 20:45 AQUAGYM PISCINA | | | |
| | 20:30 - 21:20 BULERÍAS SALA 3 | 20:00 - 20:45 AQUAWORK PISCINA | 20:30 - 21:15 ACTIVA FUNCIONAL SALA 5 | 20:00 - 21:00 ACTIVACROSS WOD BOX | | | |
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| | 20:30 - 21:15 WALKING & CYCLING FUSION SALA 4 | 20:30 - 21:15 BODYPUMP SALA 5 | | 20:30 - 21:15 BODYPUMP SALA 5 | | | |
| | 21:00 - 21:45 HYROX BOX | 21:00 - 22:00 ACTIVACROSS WOD BOX | 21:00 - 21:50 BULERÍAS SALA 3 | 21:00 - 22:00 ACTIVACROSS WOD BOX | | | |
| 21:00 | | | 21:00 - 22:00 ACTIVACROSS WOD BOX | | | | |