

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 13 DE ENERO AL 2 DE FEBRERO
EN ACTIVA CLUB EL PUERTO DE STA. MARÍA

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

| | | | | | | |
|-------|---|---|---|---|---|------------------------------------|
| 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 | | 07:30 - 08:15 HBX BOXING ZONA HBX | | | |
| 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 - 09:15 STRETCHING SALA 4 | 08:30 - 09:20 CYCLING & WALKING FUSION SALA 2 | |
| | 08:30 - 09:20 CYCLING & WALKING FUSION SALA 2 | | | | | |
| 09:00 | 09:30 - 10:15 HBX BOXING ZONA HBX | 09:30 - 10:20 PILATES SALA 4 | 09:30 - 10:20 HYROX BOX | 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 ZUMBA SALA 1 | 09:30 - 10:20 BODYPUMP SALA 1 | 09:30 - 10:20 CYCLING & WALKING FUSION SALA 2 | 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 BODYCOMBAT SALA 1 | 09:30 - 10:20 HYROX BOX | | |
| | | | | | | |

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|---|---|---|---|---|---|---|
| | | | | 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 PILATES 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 | 10:30 - 11:20 CYCLING & WALKING FUSION SALA 2 |
| 10:00 | 10:30 - 11:20 PILATES SALA 4 | 10:30 - 11:15 HBX BOXING ZONA HBX | 10:30 - 11:20 BODYPUMP SALA 1 | 10:30 - 11:15 HBX BOXING ZONA HBX | 10:30 - 11:20 CYCLING & WALKING FUSION SALA 2 | | |
| | 10:30 - 11:20 BODYPUMP SALA 1 | 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 - 11:15 BODYJUMP SALA 1 | | |
| 11:00 | 11:30 - 12:20 BULERÍAS SALA 1 | | 11:30 - 12:20 BULERÍAS SALA 1 | | | 11:30 - 12:20 BODYPUMP SALA 1 | 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 | 17:30 - 18:15 ESPALDA SANA SALA 4 | 17:30 - 18:15 ESPALDA SANA SALA 4 | | |
| 17:00 | 17:30 - 18:20 BODYPUMP SALA 1 | 17:30 - 18:20 HYROX BOX | 17:30 - 18:15 ESPALDA SANA SALA 4 | 17:30 - 18:20 BODYCOMBAT SALA 1 | | | |
| | 17:30 - 18:20 HYROX BOX | 17:30 - 18:15 STRETCHING SALA 4 | | | | | |
| | 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 | | |

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|---|---|---|---|---|--------|---------|
| | 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 - 19:15 ACTIVA JUMP ROPE SALA 1 | 18:30 - 19:20 CYCLING & WALKING FUSION SALA 2 | 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 - 20:15 ACTIVA CROSS BOX | 19:30 - 20:15 HBX BOXING ZONA HBX | 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 - 20:20 BODYBALANCE SALA 4 | 19:30 - 20:15 YOGA SALA 4 | 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 | 19:30 - 20:20 BULERÍAS SALA 1 | 19:30 - 20:20 BACHATA (INICIACIÓN) SALA 1 | | | |
| | 20:30 - 21:20 BODYPUMP SALA 1 | 20:30 - 21:15 ZUMBA SALA 1 | 20:30 - 21:20 BODYPUMP SALA 1 | 20:30 - 21:15 ZUMBA SALA 1 | | | |
| | 20:30 - 21:15 ESPALDA SANA SALA 4 | 20:30 - 21:20 CYCLING & WALKING FUSION SALA 2 | 20:30 - 21:15 STRETCHING SALA 4 | 20:30 - 21:15 MEDITACIÓN GUIADA SALA 4 | | | |

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

20:00

20:30 - 21:20
HYROX
BOX

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