

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 6 AL 12 DE ENERO
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	07:30 - 08:20 HYROX BOX		
			07:30 - 08:15 HBX BOXING ZONA HBX				
08:00	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 AST (ACTIVA SUSPENSION T BOX	08:30 - 09:15 YOGA SALA 4		
	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 - 09:15 STRETCHING SALA 4	08:30 - 09:20 CYCLING & WALKING FUSION SALA 2		
	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 - 10:20 PILATES SALA 4
	09:30 - 10:20 BODYPUMP SALA 1	09:30 - 10:20 HYROX BOX	09:30 - 10:15 ZUMBA SALA 1	09:30 - 10:15 ZUMBA SALA 1	09:30 - 10:20 BODYPUMP SALA 1	09:30 - 10:20 HYROX BOX	
09:00	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 HYROX BOX			
				09:30 - 10:20 CYCLING & WALKING FUSION SALA 2			

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

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

10:30 - 11:15
HBX BOXING
ZONA HBX

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
CYCLING &
WALKING
FUSION
SALA 2

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
BULERÍAS
SALA 1

11:30 - 12:20
BODYPUMP
SALA 1

11:30 - 12:20
BODYPUMP
SALA 1

17:30 - 18:20
BODYCOMBAT
SALA 1

17:30 - 18:20
BODYPUMP
SALA 1

17:30 - 18:20
BODYCOMBAT
SALA 1

17:30 - 18:15
ESPALDA SANA
SALA 4

17:30 - 18:20
HYROX
BOX

17:30 - 18:15
ESPALDA SANA
SALA 4

17:30 - 18:15
ESPALDA SANA
SALA 4

17:30 - 18:15
STRETCHING
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

18:30 - 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

10:00

11:00

17:00

LUNES**MARTES****MIÉRCOLES****JUEVES****VIERNES****SÁBADO****DOMINGO**

18:00

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

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

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

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
BODYPUMP
SALA 1

19:30 - 20:20
BULERÍAS
SALA 1

19:30 - 20:15
HBX BOXING
ZONA HBX

19:30 - 20:20
BODYPUMP
SALA 1

19:00

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

19:30 - 20:15
ACTIVA CROSS
BOX

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

19:30 - 20:15
ACTIVA CROSS
BOX

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

19:30 - 20:20
BACHATA
(INICIACIÓN)
SALA 1

20:30 - 21:15
ZUMBA
SALA 1

20:30 - 21:20
BODYPUMP
SALA 1

20:30 - 21:15
ZUMBA
SALA 1

20:00

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

20:30 - 21:15
STRETCHING
SALA 4

20:30 - 21:15
MEDITACIÓN
GUIADA
SALA 4