

HORARIO DE ACTIVIDADES DIRIGIDAS

DESDE 7 DE ENERO
EN ACTIVA CLUB NOU MESTALLA

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00	06:30 - 07:00 TABATA SALA 1	06:45 - 07:45 HYROX BOX	06:30 - 07:00 QUICK CORE. SALA 1	06:45 - 07:45 HYROX BOX	06:30 - 07:00 QUICK CORE SALA 1		
	06:45 - 07:45 ACTIVA CROSS - BOX		06:45 - 07:45 ACTIVA CROSS - BOX		06:45 - 07:45 ACTIVA CROSS - BOX		
	07:50 - 08:40 HYROX BOX	07:00 - 08:00 BODYPUMP SALA 1	07:00 - 07:50 ACTIVA CYCLING SALA CYCLING	07:00 - 07:50 GLOBAL TRAINING SALA 3	07:00 - 07:50 ACTIVA CYCLING SALA CYCLING		
		07:00 - 07:50 GLOBAL TRAINING SALA 3	07:50 - 08:40 HYROX BOX	07:00 - 08:00 BODYPUMP SALA 1	07:50 - 08:40 HYROX BOX		
07:00		07:45 - 08:45 ACTIVA CROSS - BOX		07:00 - 08:00 BODYPUMP SALA 1	07:45 - 08:45 ACTIVA CROSS - BOX		
	08:50 - 09:20 QUICK CORE SALA 1	08:00 - 08:30 QUICK CORE SALA 1	08:50 - 09:20 QUICK CORE SALA 3	08:05 - 08:35 QUICK CORE SALA 1	08:20 - 08:50 HIIT SALA 1		
08:00		08:30 - 09:15 LES MILLS SHAPES SALA 3		08:30 - 09:15 LES MILLS SHAPES SALA 3			

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	09:00 - 09:45 PILATES SALA 3	09:20 - 10:05 AQUADYNAMIC PISCINA	09:30 - 10:20 ACTIVA CYCLING SALA CYCLING	09:30 - 10:20 ACTIVA CYCLING SALA CYCLING	09:30 - 10:20 ACTIVA CYCLING SALA CYCLING	09:00 - 09:30 QUICK CORE SALA 1	09:00 - 09:30 HIIT SALA 1
	09:30 - 10:20 ACTIVA CYCLING SALA CYCLING	09:30 - 10:20 ACTIVA CYCLING SALA CYCLING	09:30 - 10:30 BODYPUMP SALA 1	09:30 - 10:30 ACTIVA CROSS - BOX	09:30 - 10:30 BODYPUMP SALA 1	09:00 - 10:00 HYROX BOX	
09:00	09:30 - 10:30 BODYPUMP SALA 1	09:30 - 10:25 bodyattack+ LES MILLS CO SALA 1	09:30 - 10:30 HYROX BOX	09:30 - 10:20 GAP SALA 1	09:30 - 10:30 HYROX BOX		
	09:30 - 10:30 HYROX BOX	09:30 - 10:30 ACTIVA CROSS - BOX	09:30 - 10:15 LES MILLS SHAPES SALA 3	09:30 - 10:20 ESPALDA SANA SALA 3			
	09:50 - 10:35 LES MILLS SHAPES SALA 3	09:30 - 10:30 YOGA SALA 3		09:30 - 10:15 AQUADYNAMIC PISCINA			
	10:30 - 11:30 ACTIVA CROSS - BOX	10:30 - 11:20 PILATES SALA 1	10:30 - 11:30 ACTIVA CROSS - BOX	10:30 - 11:15 PILATES SALA 1	10:30 - 11:30 ACTIVA CROSS - BOX	10:00 - 11:00 ACTIVA CROSS - BOX	10:00 - 11:00 BODYPUMP SALA 1
	10:35 - 11:35 BODYCOMBAT SALA 1	10:30 - 11:30 HYROX BOX	10:30 - 11:20 DANCE SALA 3	10:30 - 11:30 HYROX BOX	10:30 - 11:15 AQUADYNAMIC PISCINA	10:00 - 11:00 BODYPUMP SALA 1	10:15 - 11:05 ACTIVA CYCLING SALA CYCLING
10:00	10:40 - 11:30 ESPALDA SANA SALA 3	10:35 - 11:20 HBX BOXING SALA 3	10:30 - 11:15 AQUAWORK PISCINA	10:35 - 11:15 HBX BOXING SALA 3	10:35 - 11:35 BODYBALANCE SALA 1	10:15 - 11:05 ACTIVA CYCLING SALA CYCLING	10:30 - 11:00 QUICK CORE BOX
	10:40 - 11:25 AQUADANCE PISCINA		10:35 - 11:30 BODYCOMBAT SALA 1				

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
11:00	11:35 - 12:20 HBX BOXING SALA 3	11:30 - 12:20 FUSION DANCE SALA 1	11:35 - 12:15 HBX BOXING SALA 3	11:20 - 11:55 STRETCHING SALA 3		11:00 - 12:00 ACTIVA CROSS - BOX	11:05 - 12:05 WEEKEND SALA 1
	11:35 - 12:25 DANCE SALA 1	11:35 - 12:25 BODYBALANCE SALA 3		11:40 - 12:30 DANCE SALA 1		11:00 - 11:45 AQUADANCE PISCINA	11:15 - 12:05 ACTIVA CYCLING SALA CYCLING
12:00						11:10 - 12:10 BODYBALANCE SALA 1	
						11:15 - 12:05 ACTIVA CYCLING SALA CYCLING	
13:00						12:00 - 13:00 HYROX BOX	
	13:00 - 13:30 TÉCNICA ACTIVACROSS BOX	13:30 - 14:30 INICIACION ACTIVA CROSS BOX	13:30 - 14:30 HYROX BOX	13:30 - 14:30 INICIACION ACTIVA CROSS BOX			
14:00	13:30 - 14:30 HYROX BOX						
	14:30 - 15:20 ACTIVA CYCLING SALA CYCLING	14:30 - 15:30 ACTIVA CROSS - BOX	14:30 - 15:20 ACTIVA CYCLING SALA CYCLING	14:30 - 15:30 ACTIVA CROSS - BOX	14:30 - 15:20 ACTIVA CYCLING SALA CYCLING		
	14:30 - 15:20 PILATES SALA 1	14:30 - 15:30 BODYPUMP SALA 1	14:30 - 15:30 ACTIVA CROSS - BOX	14:30 - 15:15 LES MILLS CORE SALA 3	14:30 - 15:30 BODYBALANCE SALA 1		

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	14:30 - 15:30 ACTIVA CROSS - BOX	14:30 - 15:10 HBX BOXING SALA 3	14:30 - 15:30 BODYCOMBAT SALA 1	14:30 - 15:30 BODYPUMP SALA 1	14:30 - 15:30 ACTIVA CROSS - BOX		
	15:30 - 16:15 LES MILLS SHAPES SALA 3	15:35 - 16:25 GAP SALA 1	15:30 - 16:30 HYROX BOX	15:35 - 16:20 HBX BOXING SALA 3	15:35 - 16:35 YOGA SALA 1		
15:00	15:35 - 16:35 BODYPUMP SALA 1		15:35 - 16:25 PILATES SALA 1	15:35 - 16:25 ESPALDA SANA SALA 1	15:35 - 16:35 HYROX BOX		
	15:35 - 16:35 HYROX BOX						
16:00			16:00 - 17:00 YOGA SALA 3				
	17:00 - 18:00 INICIACION ACTIVA CROSS BOX	17:00 - 17:50 PILATES SALA 1	17:00 - 18:00 BODYPUMP SALA 1	17:00 - 17:50 PILATES SALA 1	17:00 - 18:00 BODYPUMP SALA 1		
	17:00 - 18:00 YOGA SALA 3	17:00 - 18:00 HYROX BOX	17:00 - 18:00 INICIACION ACTIVA CROSS BOX	17:00 - 17:40 HBX BOXING SALA 3	17:00 - 18:00 YOGA SALA 3		
17:00	17:00 - 17:45 LES MILLS SHAPES SALA 1	17:30 - 18:10 HBX BOXING SALA 3	17:00 - 17:45 LES MILLS SHAPES SALA 3	17:00 - 18:00 HYROX BOX			
				17:50 - 18:50 BODYBALANCE SALA 3			

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

18:00 - 18:50 ACTIVA CYCLING SALA CYCLING	18:00 - 19:00 BODYBALANCE SALA 1					
---	---	---	---	---	--	--

18:00 - 18:55 BODYPUMP SALA 1	18:00 - 19:00 BODYPUMP SALA 1	18:00 - 19:00 HYROX BOX	18:00 - 18:50 BODYATTACK SALA 1	18:00 - 19:00 ACTIVA CROSS - BOX		
-------------------------------------	-------------------------------------	-------------------------------	---------------------------------------	---	--	--

18:00 - 19:00 HYROX BOX	18:00 - 19:00 INICIACION ACTIVA CROSS BOX	18:05 - 18:55 GAP SALA 1	18:00 - 19:00 INICIACION ACTIVA CROSS BOX	18:00 - 19:00 BODYCOMBAT SALA 1		
-------------------------------	--	--------------------------------	--	---------------------------------------	--	--

18:00

18:15 - 19:00 HBX BOXING SALA 3	18:15 - 19:05 Kick Boxing SALA 3	18:30 - 19:20 BODYBALANCE SALA 3		18:05 - 18:50 LES MILLS SHAPES SALA 3		
---------------------------------------	--	--	--	--	--	--

18:30 - 19:15 AQUADANCE PISCINA

18:55 - 19:45 PILATES SALA 3

19:00 - 19:45 ACTIVA CYCLING SALA CYCLING	19:00 - 19:50 ACTIVA CYCLING SALA CYCLING	19:00 - 19:50 ACTIVA CYCLING SALA CYCLING	19:00 - 19:50 ACTIVA CYCLING SALA CYCLING	19:00 - 20:00 HYROX BOX	19:00 - 20:00 YOGA SALA 1	
---	---	---	---	-------------------------------	---------------------------------	--

19:00 - 20:00 EXTREM ACTIVA CROSS BOX	19:00 - 20:00 HYROX BOX	19:00 - 20:00 HALTEROFILIA BOX	19:00 - 20:00 HYROX BOX	19:05 - 20:05 BODYBALANCE SALA 1		
--	-------------------------------	--------------------------------------	-------------------------------	--	--	--

19:05 - 19:55 BODYATTACK SALA 1	19:05 - 19:50 LES MILLS SHAPES SALA 3	19:05 - 19:55 DANCE SALA 1	19:00 - 19:40 LES MILLS SHAPES SALA 3	19:55 - 20:45 DANCE SALA 3		
---------------------------------------	--	----------------------------------	--	----------------------------------	--	--

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

19:00

19:05 - 19:35
LES MILLS
CORE
SALA 3

19:10 - 20:00
BODYCOMBAT
SALA 1

19:10 - 19:55
AQUAWORK
PISCINA

19:10 - 20:00
BODYPUMP
SALA 1

19:10 - 19:55
AQUAWORK
PISCINA

19:10 - 19:55
AQUADYNAMIC
PISCINA

19:20 - 20:05
PILATES
SALA 3

19:10 - 19:55
AQUADYNAMIC
PISCINA

19:40 - 20:10
GRIT ATHLETIC
SALA 3

19:55 - 20:40
FUSION DANCE
SALA 3

19:43 - 20:13
LES MILLS
CORE
SALA 3

20:00 - 20:50
ACTIVA
CYCLING
SALA CYCLING

20:00 - 20:50
ACTIVA
CYCLING
SALA CYCLING

20:00 - 21:00
HYROX
BOX

20:00 - 21:00
GIMNASTICOS
BOX

20:00 - 21:00
HYROX
BOX

20:00 - 21:00
EXTREM
ACTIVA CROSS
BOX

20:05 - 20:50
AQUADYNAMIC
PISCINA

20:05 - 20:50
AQUAWORK
PISCINA

20:05 - 21:00
BODYBALANCE
SALA 1

20:05 - 20:35
LES MILLS
CORE
SALA 1

20:10 - 20:50
HBX BOXING
SALA 3

20:10 - 21:10
BODYCOMBAT
SALA 1

20:00

20:05 - 20:50
AQUADYNAMIC
PISCINA

20:05 - 20:50
AQUAWORK
PISCINA

20:15 - 21:15
BODYPUMP
SALA 1

20:15 - 21:15
YOGA
SALA 3

20:15 - 21:00
HBX BOXING
SALA 3

20:40 - 21:10
GRITSTRENGTH
SALA 1

20:40 - 21:25
PILATES
SALA 3

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

21:10 - 21:55
BODYPUMP
SALA 1

21:10 - 22:10
YOGA
SALA 1

21:00