

HORARIO DE ACTIVIDADES

DESDE EL 1 DE MARZO EN ACTIVACLUB MISLATA

	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo	
08:30	BODYPUMP 60' SALA 1	GAP 50' SALA 1	BODYPUMP 60' SALA 1		PILATES 55' SALA 1			08:30
08:45				FIT SHAPERS 45' SALA 1				08:45
09:30	ACTIVA CYCL... 50' SALA CICLO FIT SHAPERS 45' SALA 1	BODYCOMBAT 50' SALA 1	ACTIVA CYCL... 50' SALA CICLO ZUMBA 50' SALA 1		FUSION IND... 50' SALA CICLO FIT SHAPERS 45' SALA 1			09:30
09:40				BODYPUMP 50' SALA 1				09:40
10:30	PILATES 55' SALA 1		LES MILLS C... 30' SALA 1					10:30
10:35		BODYBALAN... 50' SALA 1		BODYBALAN... 60' SALA 1	STRETCHING 50' SALA 1			10:35
11:30			STRETCHING 50' SALA 1					11:30
13:30	QUICK CORE 30' SALA 1		QUICK CORE 30' SALA 1					13:30
17:00	BODYPUMP 55' SALA 1			YOGA 60' SALA 1				17:00
17:15					FIT SHAPERS 45' SALA 1			17:15
17:30		GAP 50' SALA 1	HBX BOXING 40' SALA 1					17:30
18:00	ACTIVA CYCL... 50' SALA CICLO GAP 50' SALA 1	ACTIVA CYCL... 50' SALA CICLO	ACTIVA CYCL... 50' SALA CICLO		BODYPUMP 60' SALA 1			18:00
18:05				FIT SHAPERS 45' SALA 1				18:05
18:10			GRIT SERIES 30' SALA 1					18:10
18:15		BODYPUMP 55' SALA 1						18:15
18:40			LES MILLS C... 30' SALA 1					18:40
19:00	ACTIVA CYCL... 50' SALA CICLO	ACTIVA CYCL... 50' SALA CICLO	ACTIVA CYCL... 50' SALA CICLO	ACTIVA CYCL... 50' SALA CICLO				19:00
19:05	BODYPUMP 55' SALA 1			ZUMBA 50' SALA 1	BODYCOMBAT 60' SALA 1			19:05
19:10			BODYCOMBAT 60' SALA 1					19:10
19:15		BODYBALAN... 60' SALA 1						19:15
20:00				BODYPUMP 60' SALA 1				20:00
20:05	ZUMBA 50' SALA 1							20:05
20:15		BODYCOMBAT 50' SALA 1	QUICK CORE 30' SALA 1					20:15
21:00	QUICK CORE 30' SALA 1							21:00