

HORARIO DE ACTIVIDADES

DESDE EL 1 DE MAYO EN ACTIVA CLUB PUERTO

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	ACTIVA CROSS 45' BOX		ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX			
07:30	BODYPUMP 50' SALA 1		HBX BOXING 45' ZONA HBX		HYROX 50' BOX		
08:30	AST (ACTIVA ... 45' BOX	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	AST (ACTIVA ... 45' BOX	CYCLING & ... 50' SALA 2		
	PILATES 50' SALA 4	YOGA 45' SALA 4	PILATES 50' SALA 4	CYCLING & ... 50' SALA 2	YOGA 45' SALA 4		
	CYCLING & ... 50' SALA 2			STRETCHING 45' SALA 4			
09:30	HBX BOXING 45' ZONA HBX	BODYPUMP 50' SALA 1	BODYCOMBAT 50' SALA 1	HYROX 50' BOX	BODYPUMP 50' SALA 1	HYROX 50' BOX	PILATES 50' SALA 4
	ACTIVA PYRO 45' SALA 1	HYROX 50' BOX	HYROX 50' BOX	PILATES 50' SALA 4	PILATES 50' SALA 4	PILATES 50' SALA 4	
	CYCLING & ... 50' SALA 2	PILATES 50' SALA 4	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2			
10:00	ACTIVA CROSS 45' BOX						
10:30	BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2
	PILATES 50' SALA 4	HBX BOXING 45' ZONA HBX	BODYPUMP 50' SALA 1	HBX BOXING 45' ZONA HBX	CYCLING & ... 50' SALA 2		
		BODYBALAN... 50' SALA 4	PILATES 50' SALA 4	GAP 50' SALA 1	BODYJUMP 45' SALA 1		
11:30	BULERÍAS 50' SALA 1		BULERÍAS 50' SALA 1			BODYPUMP 50' SALA 1	BODYPUMP 50' SALA 1
12:30			SEVILLANAS 50' SALA 1				
17:30	BODYPUMP 50' SALA 1	BODYCOMBAT 50' SALA 1	BODYPUMP 50' SALA 1	BODYCOMBAT 50' SALA 1	SEVILLANAS 50' SALA 1		
	PILATES 50' SALA 4	HYROX 50' BOX	ESPALDA SA... 45' SALA 4	PILATES 50' SALA 4	ESPALDA SA... 45' SALA 4		
	HYROX 50' BOX	STRETCHING 45' SALA 4					
18:00					ACTIVA CROSS 45' BOX		
18:30	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	BODYPUMP 50' SALA 1	BULERÍAS 50' SALA 1		
	HBX BOXING 45' ZONA HBX	GAP 50' SALA 4	BODYJUMP 45' SALA 1	HYROX 50' BOX	PILATES 50' SALA 4		
	ACTIVA JUM... 45' SALA 1	BODYPUMP 50' SALA 1	PILATES 50' SALA 4	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2		
	PILATES 50' SALA 4	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2	PILATES 50' SALA 4			
	CYCLING & ... 50' SALA 2						
19:00					ACTIVA CRO... 90' BOX		
19:30	CYCLING & ... 50' SALA 2	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	BODYPUMP 50' SALA 1		
	ACTIVA CROSS 45' BOX	CYCLING & ... 50' SALA 2	BULERÍAS 50' SALA 1	HBX BOXING 45' ZONA HBX			
	BODYJUMP 45' SALA 1	ACTIVA PYRO 45' SALA 1	CYCLING & ... 50' SALA 2	YOGA 45' SALA 4			
	BODYBALAN... 50' SALA 4	HBX BOXING 45' ZONA HBX	BODYBALAN... 50' SALA 4	BACHATA (IN... 45' SALA 1			
	PILATES 50' SALA 4		CYCLING & ... 50' SALA 2				
20:30	BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	ZUMBA 45' SALA 1			
	ESPALDA SA... 45' SALA 4	ZUMBA 45' SALA 1	STRETCHING 45' SALA 4	MEDITACIÓN... 45' SALA 4			
	HYROX 50' BOX						