

HORARIO DE ACTIVIDADES

DESDE EL 19 DE MAYO EN ACTIVACLUB NOU MESTALLA

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:30	TABATA		QUICK CORE		QUICK CORE		
06:45	ACTIVA CROSS	HYROX	ACTIVA CROSS	HYROX	ACTIVA CROSS		
07:00		GLOBAL TRAINI...	CYCLING	GLOBAL TRAINI...			
07:45		BODYPUMP		BODYPUMP			
07:50	HYROX	ACTIVA CROSS		ACTIVA CROSS			
08:30		LES MILLS SHA...		LES MILLS SHA...		HYROX	
08:50	QUICK CORE		QUICK CORE				
09:00	PILATES					QUICK CORE	HIIT
09:30	CYCLING	BODYATTACK + ...	BODYPUMP	GAP	CYCLING	ACTIVA CROSS	
	HYROX	ACTIVA CROSS	CYCLING	CYCLING	BODYPUMP		
	BODYPUMP	CYCLING	HYROX	ACTIVA CROSS	HYROX		
		YOGA	LES MILLS SHA...	ESPALDA SANA	YOGA		
09:35		AQUADYNAMIC					
09:50	LES MILLS SHA...						
10:00						BODYPUMP	BODYPUMP
10:15						CYCLING	CYCLING
10:30	ACTIVA CROSS	HYROX	DANCE	PILATES	ACTIVA CROSS	HYROX	QUICK CORE
10:35	BODYCOMBAT	HBX BOXING	BODYCOMBAT	HBX BOXING	BODYBALANCE	AQUADANCE	
	AQUADANCE			AQUADYNAMIC	AQUADYNAMIC		
10:40	ESPALDA SANA						
11:10						BODYBALANCE	
11:15				STRETCHING		CYCLING	CYCLING
11:30		FUSION DANCE				ACTIVA CROSS	
11:35	HBX BOXING	BODYBALANCE	HBX BOXING				
11:40	DANCE		AQUAWORK				
11:40				DANCE			
12:30						HYROX	
13:00	TÉCNICA ACTIV...						
13:30	HYROX	INICIACION ACT...	HYROX	INICIACION ACT...			
14:30	ACTIVA CROSS	HBX BOXING	CYCLING	BODYPUMP	BODYBALANCE		
	CYCLING	ACTIVA CROSS	BODYCOMBAT	GRIT-LES MILLS ...	ACTIVA CROSS		
	PILATES	BODYPUMP	ACTIVA CROSS	ACTIVA CROSS	CYCLING		
15:30	LES MILLS SHA...	HYROX	HYROX	HYROX			
15:35	BODYPUMP	GAP	PILATES	HBX BOXING	YOGA		
	HYROX			ESPALDA SANA	HYROX		
16:00			YOGA				
17:00	INICIACION ACT...	HYROX	LES MILLS SHA...	HBX BOXING	BODYPUMP		
	LES MILLS SHA...	PILATES	BODYPUMP	HYROX	YOGA		
	YOGA		INICIACION ACT...	PILATES	HYROX		
17:30		HBX BOXING					
17:50				BODYBALANCE			
18:00	BODYPUMP	BODYPUMP	HYROX	BODYATTACK	CYCLING	BODYBALANCE	
	HYROX	INICIACION ACT...	CYCLING	CYCLING	BODYCOMBAT		
	CYCLING	CYCLING		INICIACION ACT...	ACTIVA CROSS		
18:05			GAP		LES MILLS SHA...		
18:15	HBX BOXING	Kick Boxing					
18:30			BODYBALANCE				
18:55					PILATES		
19:00	CYCLING	HYROX	ACTIVA RUN	LES MILLS SHA...	HYROX	YOGA	
	ACTIVA RUN	CYCLING	HALTEROFILIA	CYCLING			
	EXTREM ACTIV...		CYCLING	GIMNASTICOS			
19:05	BODYATTACK	LES MILLS SHA...	DANCE		BODYBALANCE		
	LES MILLS CORE						
19:10	AQUAWORK	BODYCOMBAT	AQUAWORK	BODYPUMP			
19:20			PILATES				
19:35		AQUADYNAMIC		AQUADYNAMIC			
19:40	GRIT ATHLETIC						
19:45				GRIT SERIES			

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20:00	CYCLING	EXTREM ACTIV...	HYROX	HYROX	HYROX		
	HYROX	CYCLING					