

**DESDE EL 7 DE JULIO
EN ACTIVACLUB PUERTO**

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

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