

HORARIO DE ACTIVIDADES

DESDE EL 16 DE JUNIO 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		BODYPUMP	CYCLING	BODYPUMP			
07:45		GLOBAL TRAINI...		GLOBAL TRAINI...			
07:50	HYROX	ACTIVA CROSS	HYROX	ACTIVA CROSS	HYROX		
08:30	PILATES	LES MILLS SHA...	ESPALDA SANA	LES MILLS SHA...	YOGA	HYROX	
09:00						QUICK CORE	HIIT
09:30	HYROX	ACTIVA CROSS	HYROX	ACTIVA CROSS	BODYPUMP	ACTIVA CROSS	
	CYCLING	LES MILLS CORE	BODYPUMP	GAP	HYROX		
	BODYPUMP	CYCLING	CYCLING	CYCLING	CYCLING		
09:35	AQUAGYM	AQUADYNAMIC		AQUAWORK	AQUAGYM		
10:00						BODYPUMP	GRIT STRENGTH..
10:15						CYCLING	CYCLING
10:30	ACTIVA CROSS	PILATES	ACTIVA CROSS	PILATES	ACTIVA CROSS	HYROX	QUICK CORE
		AQUAWORK		HYROX	AQUAGYM		
		HYROX					
10:35	AQUADANCE		BODYCOMBAT	AQUADYNAMIC	BODYBALANCE	AQUADANCE	
	BODYCOMBAT		AQUAGYM				
11:10						BODYCOMBAT	BODYBALANCE
11:15						CYCLING	CYCLING
11:30		FUSION DANCE				ACTIVA CROSS	
11:35	DANCE		AQUAWORK				
			LES MILLS SHA...				
11:40				DANCE			
12:30						HYROX	
13:00	TÉCNICA ACTIV...						
13:30	HYROX	INICIACION ACT...	HYROX	INICIACION ACT...			
	PILATES	BODYPUMP	BODYCOMBAT	BODYPUMP	CYCLING		
14:30	CYCLING	ACTIVA CROSS	ACTIVA CROSS	ACTIVA CROSS	ACTIVA CROSS		
	ACTIVA CROSS		CYCLING		BODYBALANCE		
14:35		AQUADYNAMIC		AQUADYNAMIC			
15:30		HYROX	HYROX	HYROX			
15:35	BODYPUMP	GAP	PILATES	ESPALDA SANA	HYROX		
	HYROX				YOGA		
16:30			YOGA				
17:00	INICIACION ACT...	PILATES	INICIACION ACT...	PILATES	BODYPUMP		
	YOGA	HYROX		HYROX	HYROX		
17:30			BODYPUMP				
	CYCLING	BODYPUMP	HYROX	INICIACION ACT...	BODYCOMBAT	BODYBALANCE	
18:00	HYROX	INICIACION ACT...	CYCLING	BODYATTACK	ACTIVA CROSS		
	BODYPUMP	CYCLING		CYCLING	CYCLING		
18:25			GAP				
18:50		BODYCOMBAT					
19:00	CYCLING	HYROX	HALTEROFILIA	GIMNASTICOS	HYROX	YOGA	
	EXTREM ACTIV...	CYCLING	CYCLING	CYCLING			
	ACTIVA RUN		ACTIVA RUN				
	BODYATTACK + ...						
19:05					BODYBALANCE		
19:10	AQUAWORK	AQUADYNAMIC	AQUAWORK	AQUADYNAMIC			
				BODYPUMP			
19:20			DANCE				
19:45		FUSION DANCE					
20:00	CYCLING	EXTREM ACTIV...	HYROX	HYROX	HYROX		
	HYROX	AQUAGYM		AQUAGYM			
		CYCLING					
20:05	AQUADYNAMIC		AQUADYNAMIC				
	BODYBALANCE						
20:10				BODYCOMBAT			
20:15			BODYPUMP				

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20:30		PILATES					
21:10	BODYPUMP						
21:15		YOGA		YOGA			