

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 14 DE JULIO AL 20 DE JULIO
EN ACTIVACLUB JEREZ

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	Domingo	
06:30	CYCLING & WAL... HYROX	BODY ACTIVA S...	INT-BOX-TRAINI... HYROX	BODY ACTIVA S...	CYCLING & WAL...			06:30
07:30	BODY ACTIVA S... ACTIVACROSS ...	ACTIVA PYRO ACTIVA RUN ACTIVACROSS ...	GAP ACTIVACROSS ...	CYCLING & WAL... ACTIVA RUN ACTIVACROSS ...	BODY ACTIVA S... ACTIVACROSS ...			07:30
08:30	CYCLING & WAL... PILATES WALKING OUT... ACTIVACROSS ...	ACTIVA CORE CYCLING & WAL... HYROX	BODY ACTIVA S... ESPALDA SANA WALKING OUT... ACTIVA RUN ACTIVACROSS ...	CYCLING & WAL... ACTIVA PYRO ACTIVACROSS ...	CYCLING & WAL... SHAPES WALKING OUT... ACTIVA RUN ACTIVACROSS ...	ACTIVACROSS ... CYCLING & WAL...		08:30
09:00		HIIT						09:00
09:30	PILATES CYCLING & WAL... ACTIVA FUNCIO... ACTIVA RUN HYROX AQUAGYM	YOGA CYCLING & WAL... BODY ACTIVA S... ACTIVACROSS ... AQUACOMBAT	ACTIVA FUNCIO... PILATES CYCLING & WAL... ACTIVACROSS ... AQUAGYM	CYCLING & WAL... YOGA BODY ACTIVA S... ACTIVACROSS ... AQUACOMBAT	CYCLING & WAL... ACTIVA FUNCIO... PILATES AQUAGYM HYROX EGYM SHOWRO...	HYROX EGYM SHOWRO... ESPALDA SANA	EGYM SHOWRO... PILATES	09:30
10:30	GLUTEBOOM BODYBALANCE CYCLING & WAL... ACTIVACROSS ... AQUAWORK	CYCLING & WAL... PILATES ACTIVACROSS ... STRETCHING P...	CYCLING & WAL... BODYPUMP BODYBALANCE HYROX AQUAWORK	CYCLING & WAL... PILATES ACTIVACROSS ... STRETCHING P...	GLUTEBOOM BODYBALANCE ACTIVACROSS ... AQUAWORK	ACTIVACROSS ... AQUAWORK BODYPUMP	AQUACOMBAT CYCLING & WAL...	10:30
11:30	YOGA BODYPUMP	ESPALDA SANA AQUAGYM ZUMBA	SHAPES GLUTEBOOM	ESPALDA SANA AQUAGYM ZUMBA	YOGA BODYPUMP		BODYPUMP	11:30
12:30	ESPALDA SANA BODYPUMP	YOGA SHAPES	ESPALDA SANA BODYPUMP	YOGA ESPALDA SANA	ESPALDA SANA GLUTEBOOM			12:30
17:30	PILATES	BODY ACTIVA S...	PILATES	ACTIVA FUNCIO...	PILATES			17:30
18:00	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	EGYM SHOWRO... ACTIVACROSS ...	EGYM SHOWRO...	EGYM SHOWRO...	18:00
18:30	ZUMBA BODYBALANCE CYCLING & WAL...	CYCLING & WAL... ACTIVA PYRO BODYBALANCE	GLUTEBOOM SHAPES CYCLING & WAL...	YOGA CYCLING & WAL...	ZUMBA CYCLING & WAL...			18:30
19:00	ACTIVACROSS ... AQUAWORK	ACTIVACROSS ... AQUAGYM	HYROX AQUACOMBAT	ACTIVACROSS ... AQUAGYM	ACTIVACROSS ... AQUAWORK			19:00
19:30	PILATES GAP CYCLING & WAL...	CYCLING & WAL... STEP PILATES	ZUMBA YOGA CYCLING & WAL...	SHAPES CYCLING & WAL... BODYPUMP	BODYPUMP			19:30
20:00	ACTIVACROSS ... AQUAGYM	HYROX AQUACOMBAT	ACTIVACROSS ... AQUAGYM	ACTIVACROSS ... AQUAWORK	ACTIVACROSS ...			20:00
20:30	CYCLING & WAL...	ACTIVA RUN BODYPUMP	ACTIVA PYRO	ACTIVA RUN				20:30
21:00	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...				21:00