

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 21 DE JULIO AL 27 DE JULIO
EN ACTIVACLUB JEREZ

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