

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 28 DE JULIO AL 3 DE AGOSTO
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 ...	ACTIVA RUN ACTIVA PYRO ACTIVACROSS ...	ACTIVACROSS ... GAP	ACTIVA RUN ACTIVACROSS ...	ACTIVACROSS ... BODY ACTIVA S...			07:30
08:30	CYCLING & WAL... PILATES WALKING OUT... ACTIVACROSS ...	ACTIVA CORE CYCLING & WAL... HYROX	BODY ACTIVA S... ESPALDA SANA ACTIVA RUN ACTIVACROSS ... WALKING OUT...	CYCLING & WAL... ACTIVACROSS ... ACTIVA PYRO	CYCLING & WAL... ACTIVA RUN ACTIVACROSS ... SHAPES WALKING OUT...	CYCLING & WAL... ACTIVACROSS ...		08:30
09:00		HIIT						09:00
09:30	PILATES CYCLING & WAL... ACTIVA RUN ACTIVA FUNCIO... HYROX AQUAGYM	YOGA CYCLING & WAL... BODY ACTIVA S... ACTIVACROSS ... AQUACOMBAT	ACTIVA FUNCIO... PILATES CYCLING & WAL... ACTIVACROSS ... AQUAGYM	CYCLING & WAL... YOGA ACTIVACROSS ... BODY ACTIVA S... AQUACOMBAT	CYCLING & WAL... ACTIVA FUNCIO... PILATES HYROX AQUAGYM EGYM SHOWRO...	ESPALDA SANA HYROX EGYM SHOWRO...	PILATES EGYM SHOWRO...	09:30
10:30	GLUTEBOOM BODYBALANCE CYCLING & WAL... ACTIVACROSS ... AQUAWORK	CYCLING & WAL... PILATES ACTIVACROSS ... STRETCHING P...	CYCLING & WAL... BODYPUMP HYROX BODYBALANCE AQUAWORK	CYCLING & WAL... ACTIVACROSS ... PILATES STRETCHING P...	GLUTEBOOM BODYBALANCE ACTIVACROSS ... AQUAWORK	BODYPUMP ACTIVACROSS ... AQUAWORK	CYCLING & WAL... AQUACOMBAT	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...	PILATES BODYPUMP	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	BODYBALANCE CYCLING & WAL... ZUMBA	CYCLING & WAL... BODYBALANCE ACTIVA PYRO	CYCLING & WAL... GLUTEBOOM SHAPES	YOGA CYCLING & WAL... STEP	CYCLING & WAL... ZUMBA BODYBALANCE			18:30
19:00	ACTIVACROSS ... AQUAWORK	ACTIVACROSS ... AQUAGYM	HYROX AQUACOMBAT	ACTIVACROSS ... AQUAGYM	ACTIVACROSS ... AQUAWORK			19:00
19:30	PILATES GAP CYCLING & WAL...	CYCLING & WAL... PILATES STEP	CYCLING & WAL... ZUMBA YOGA	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