

HORARIO DE ACTIVIDADES DIRIGIDAS

**DEL 11 AL 17 DE AGOSTO DE 2025
EN ACTIVACLUB PUERTO**

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	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					07:30
08:30	PILATES 50' SALA 4	CYCLING & ... 50' SALA 2	PILATES 50' SALA 4	AST (ACTIVA ... 45' BOX				08:30
	AST (ACTIVA ... 45' BOX		BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2				
	CYCLING & ... 50' SALA 2							
09:30	CYCLING & ... 50' SALA 2	PILATES 50' SALA 4	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2	HYROX 50' BOX	HYROX 50' BOX	PILATES 45' SALA 4	09:30
	ACTIVA PYRO 45' SALA 1	BODYPUMP 50' SALA 1	STRETCHING 45' SALA 4	PILATES 50' SALA 4	PILATES 45' SALA 4	PILATES 45' SALA 4		
		HYROX 50' BOX	BODYCOMBAT 50' SALA 1	HYROX 50' BOX				
10:00	ACTIVA CROSS 45' BOX							10:00
10:30	BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2	10:30
	PILATES 50' SALA 4	BODYBALAN... 50' SALA 4	PILATES 50' SALA 4	ACTIVA CROSS 45' BOX				
		HBX BOXING 45' ZONA HBX	ACTIVA CROSS 45' BOX					
11:30					BODYPUMP 50' SALA 1	BODYPUMP 50' SALA 1	BODYPUMP 50' SALA 1	11:30
17:30	PILATES 50' SALA 4	HYROX 50' BOX	BODYPUMP 50' SALA 1	BODYCOMBAT 50' SALA 1				17:30
	HYROX 50' BOX	BODYCOMBAT 50' SALA 1	ESPALDA SA... 45' SALA 4	PILATES 50' SALA 4				
	BODYPUMP 50' SALA 1							
18:30	CYCLING & ... 50' SALA 2	STRETCHING 45' SALA 4	ACTIVA CROSS 45' BOX	PILATES 50' SALA 4				18:30
	ACTIVA CROSS 45' BOX	CYCLING & ... 45' SALA 2	PILATES 50' SALA 4	HYROX 50' BOX				
	HBX BOXING 45' ZONA HBX	ACTIVA CROSS 45' BOX	BODYJUMP 45' SALA 1	BODYPUMP 50' SALA 1				
	PILATES 50' SALA 4	BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2				
	BODYPUMP 50' SALA 1							
19:30	BODYBALAN... 50' SALA 4	GAP 50' SALA 1	ACTIVA CROSS 45' BOX	BACHATA (IN... 45' SALA 1				19:30
	ACTIVA CROSS 45' BOX	PILATES 50' SALA 4	BODYBALAN... 50' SALA 4	ACTIVA CROSS 45' BOX				
	CYCLING & ... 50' SALA 2	CYCLING & ... 45' SALA 2	CYCLING & ... 50' SALA 2	HBX BOXING 45' ZONA HBX				
	BODYJUMP 45' SALA 1	ACTIVA CROSS 45' BOX		CYCLING & ... 50' SALA 2				
		HBX BOXING 45' ZONA HBX						
20:30	HYROX 50' BOX	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	ZUMBA 45' SALA 1				20:30
	BODYPUMP 50' SALA 1	ZUMBA 45' SALA 1	STRETCHING 45' SALA 4					
	ESPALDA SA... 45' SALA 4							