

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 18 AL 31 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		HYROX 50' BOX			07:30
08:30	AST (ACTIVA ... 45' BOX	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2		08:30	
	CYCLING & ... 50' SALA 2		PILATES 50' SALA 4	AST (ACTIVA ... 45' BOX				
	PILATES 50' SALA 4							
09:30	ACTIVA PYRO 45' SALA 1	HYROX 50' BOX	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2	PILATES 50' SALA 4	PILATES 45' SALA 4	PILATES 45' SALA 4	09:30
	CYCLING & ... 50' SALA 2	PILATES 50' SALA 4	BODYCOMBAT 50' SALA 1	PILATES 50' SALA 4	BODYPUMP 50' SALA 1	HYROX 50' BOX		
			BODYPUMP 50' SALA 1	STRETCHING 45' SALA 4	HYROX 50' BOX			
10:00	ACTIVA CROSS 45' BOX							10:00
10:30	BODYPUMP 50' SALA 1	HBX BOXING 45' ZONA HBX	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	BODYJUMP 45' SALA 1	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2	10:30
	PILATES 50' SALA 4	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2			
		BODYBALAN... 50' SALA 4	PILATES 50' SALA 4		ACTIVA CROSS 45' BOX			
11:30						BODYPUMP 50' SALA 1	BODYPUMP 50' SALA 1	11:30
17:30	BODYPUMP 50' SALA 1	BODYCOMBAT 50' SALA 1	BODYPUMP 50' SALA 1	BODYCOMBAT 50' SALA 1	ESPALDA SA... 45' SALA 4			17:30
	PILATES 50' SALA 4	HYROX 50' BOX	ESPALDA SA... 45' SALA 4	PILATES 50' SALA 4				
	HYROX 50' BOX							
18:00					ACTIVA CROSS 45' BOX			18:00
18:30	PILATES 50' SALA 4	ACTIVA CROSS 45' BOX	BODYJUMP 45' SALA 1	CYCLING & ... 50' SALA 2	PILATES 50' SALA 4			18:30
	BODYPUMP 50' SALA 1	BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2			
	HBX BOXING 45' ZONA HBX	STRETCHING 45' SALA 4	ACTIVA CROSS 45' BOX	PILATES 50' SALA 4				
	CYCLING & ... 50' SALA 2	CYCLING & ... 45' SALA 2	PILATES 50' SALA 4	HYROX 50' BOX				
	ACTIVA CROSS 45' BOX							
19:00					ACTIVA CRO... 90' BOX			19:00
19:30	CYCLING & ... 50' SALA 2	ACTIVA CROSS 45' BOX	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1			19:30
	BODYJUMP 45' SALA 1	GAP 50' SALA 1	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX				
	BODYBALAN... 50' SALA 4	HBX BOXING 45' ZONA HBX	BODYBALAN... 50' SALA 4	HBX BOXING 45' ZONA HBX				
	ACTIVA CROSS 45' BOX	CYCLING & ... 45' SALA 2		BACHATA (IN... 45' SALA 1				
20:30		PILATES 50' SALA 4						20:30
	BODYPUMP 50' SALA 1	ZUMBA 45' SALA 1	STRETCHING 45' SALA 4	ZUMBA 45' SALA 1				
	ESPALDA SA... 45' SALA 4	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1					
	HYROX 50' BOX							

