

Horario de Actividades Dirigidas					Del 28 de Julio al 3 de Agosto en Activacub Jerez			
	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo	
06:30	HYROX	BODY ACTIVA S...	INT-BOX-TRAINI...	BODY ACTIVA S...	CYCLING & WAL...			06:30
	CYCLING & WAL...		HYROX					
07:30	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...			07:30
	BODY ACTIVA S...	ACTIVA RUN	GAP	ACTIVA RUN	BODY ACTIVA S...			
08:30		ACTIVA PYRO		CYCLING & WAL...				08:30
	ACTIVACROSS ...	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...		
	CYCLING & WAL...	ACTIVA CORE	BODY ACTIVA S...	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...		
	PILATES	CYCLING & WAL...	ESPALDA SANA	ACTIVA PYRO	ACTIVA RUN			
	WALKING OUT...		ACTIVA RUN		WALKING OUT...			
	ACTIVA RUN		WALKING OUT...		SHAPES			
09:00		HIIT						09:00
09:30	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	HYROX	HYROX	PILATES	09:30
	PILATES	YOGA	ACTIVA FUNCIO...	CYCLING & WAL...	CYCLING & WAL...	ESPALDA SANA	EGYM SHOW RO...	
	CYCLING & WAL...	CYCLING & WAL...	PILATES	YOGA	ACTIVA FUNCIO...	EGYM SHOW RO...		
	ACTIVA FUNCIO...	BODY ACTIVA S...	CYCLING & WAL...	BODY ACTIVA S...	PILATES			
					EGYM SHOW RO...			
10:30	ACTIVACROSS ...	ACTIVACROSS ...	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	CYCLING & WAL...	10:30
	GLUTEBOOM	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...	GLUTEBOOM	BODYPUMP		
	BODYBALANCE	PILATES	BODYPUMP	PILATES	BODYBALANCE			
	CYCLING & WAL...		BODYBALANCE					
11:30	YOGA	ESPALDA SANA	SHAPES	ESPALDA SANA	YOGA		BODY ACTIVA S...	11:30
	BODYPUMP	ZUMBA	GLUTEBOOM	ZUMBA	BODYPUMP			
12:30	ESPALDA SANA	YOGA	ESPALDA SANA	YOGA	ESPALDA SANA			12:30
17:30	PILATES	SHAPES	PILATES	ESPALDA SANA	GAP			17:30
	BODYPUMP	BODY ACTIVA S...	BODYPUMP	ACTIVA FUNCIO...	PILATES			
18:00	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	EGYM SHOW RO...	EGYM SHOW RO...	18:00
					EGYM SHOW RO...			
18:30	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...	YOGA	ZUMBA			18:30
	BODYBALANCE	BODYBALANCE	SHAPES	STEP	BODYBALANCE			
	ZUMBA	ACTIVA PYRO	GLUTEBOOM	CYCLING & WAL...	CYCLING & WAL...			
19:00	ACTIVACROSS ...	ACTIVACROSS ...	HYROX	ACTIVACROSS ...	ACTIVACROSS ...			19:00
19:30	GAP	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...	BODYPUMP			19:30
	CYCLING & WAL...	PILATES	ZUMBA	SHAPES				
	PILATES	STEP	YOGA	BODYPUMP				
20:00	ACTIVACROSS ...	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...			20:00
20:30	CYCLING & WAL...	BODYPUMP	ACTIVA PYRO	ACTIVA RUN				20:30
		ACTIVA RUN						
21:00	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...				21:00