

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 4 AL 10 DE AGOSTO
EN ACTIVACLUB JEREZ

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
06:30	CYCLING & WALKING HYROX	BODY ACTIVA SANA	INT-BOX-TRAINING HYROX	BODY ACTIVA SANA	CYCLING & WALKING			06:30
07:30	BODY ACTIVA SANA ACTIVACROSS	ACTIVA PYRO ACTIVACROSS	GAP ACTIVACROSS	CYCLING & WALKING ACTIVACROSS	BODY ACTIVA SANA ACTIVACROSS			07:30
08:30	CYCLING & WALKING PILATES WALKING OUT ACTIVACROSS	ACTIVA CORE HYROX CYCLING & WALKING	BODY ACTIVA SANA ESPALDA SANA WALKING OUT ACTIVACROSS	CYCLING & WALKING ACTIVA PYRO ACTIVACROSS	CYCLING & WALKING SHAPES WALKING OUT ACTIVACROSS	ACTIVACROSS CYCLING & WALKING		08:30
09:00		HIIT						09:00
09:30	PILATES CYCLING & WALKING ACTIVA FUNCION HYROX	YOGA CYCLING & WALKING ACTIVACROSS BODY ACTIVA SANA	PILATES CYCLING & WALKING ACTIVACROSS ACTIVA FUNCION	CYCLING & WALKING YOGA BODY ACTIVA SANA ACTIVACROSS	CYCLING & WALKING ACTIVA FUNCION PILATES EGYM SHOW ROOM	HYROX EGYM SHOW ROOM ESPALDA SANA	EGYM SHOW ROOM PILATES	09:30
10:30	BODYBALANCE GAP CYCLING & WALKING ACTIVACROSS	CYCLING & WALKING PILATES ACTIVACROSS	CYCLING & WALKING BODYBALANCE BODYPUMP HYROX	CYCLING & WALKING PILATES ACTIVACROSS	GLUTEBOOM BODYBALANCE ACTIVACROSS	ACTIVACROSS BODYPUMP	CYCLING & WALKING	10:30
11:30	YOGA BODYPUMP	ESPALDA SANA ZUMBA	GLUTEBOOM SHAPES	ESPALDA SANA ZUMBA	YOGA BODYPUMP		BODYPUMP	11:30
12:30	ESPALDA SANA	YOGA	ESPALDA SANA	YOGA	ESPALDA SANA			12:30
17:30	BODY ACTIVA SANA PILATES ACTIVACROSS	SHAPES BODY ACTIVA SANA ACTIVACROSS	BODYPUMP PILATES ACTIVACROSS	ESPALDA SANA ACTIVA FUNCION ACTIVACROSS	GAP PILATES ACTIVACROSS EGYM SHOW ROOM		EGYM SHOW ROOM	17:30
18:00					EGYM SHOW ROOM			18:00
18:30	ZUMBA CYCLING & WALKING BODYBALANCE	CYCLING & WALKING BODYBALANCE ACTIVA PYRO	GAP CYCLING & WALKING SHAPES	YOGA GAP CYCLING & WALKING	CYCLING & WALKING BODYBALANCE			18:30
19:00	ACTIVACROSS GAP	ACTIVACROSS CYCLING & WALKING	HYROX ZUMBA	ACTIVACROSS SHAPES	ACTIVACROSS BODYPUMP			19:00
19:30	PILATES CYCLING & WALKING	PILATES GAP	CYCLING & WALKING YOGA	BODYPUMP CYCLING & WALKING				19:30
20:00	ACTIVACROSS	HYROX	ACTIVACROSS	ACTIVACROSS	ACTIVACROSS			20:00
20:30	CYCLING & WALKING	BODYPUMP	ACTIVA PYRO					20:30
21:00	HYROX	ACTIVACROSS	ACTIVACROSS	ACTIVACROSS				21:00