

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 25 AL 31 DE AGOSTO
EN ACTIVACLUB JEREZ

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
06:30	CYCLING & WAL...	BODY ACTIVA S...	HYROX	BODY ACTIVA S...	CYCLING & WAL...			06:30
07:30	ACTIVACROSS ...	ACTIVA PYRO	ACTIVACROSS ...	CYCLING & WAL...	ACTIVACROSS ...			07:30
	BODY ACTIVA S...		GAP		BODY ACTIVA S...			
08:30			ACTIVA RUN					08:30
	ACTIVACROSS ...	CYCLING & WAL...	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...		
	PILATES	HYROX	ESPALDA SANA	ACTIVA PYRO	SHAPES	CYCLING & WAL...		
	CYCLING & WAL...		BODY ACTIVA S...	CYCLING & WAL...	CYCLING & WAL...			
09:30	ACTIVA RUN				ACTIVA RUN			09:30
	HYROX	CYCLING & WAL...	ACTIVACROSS ...	CYCLING & WAL...	HYROX	HYROX	PILATES	
	PILATES	YOGA	PILATES	ACTIVACROSS ...	CYCLING & WAL...	ESPALDA SANA	EGYM SHOW RO...	
	CYCLING & WAL...	BODY ACTIVA S...	ACTIVA FUNCIO...	YOGA	PILATES	EGYM SHOW RO...		
	ACTIVA FUNCIO...	ACTIVACROSS ...	CYCLING & WAL...	BODY ACTIVA S...	ACTIVA FUNCIO...			
10:30	AQUAGYM	AQUACOMBAT	AQUAGYM	AQUACOMBAT	AQUAGYM			10:30
					EGYM SHOW RO...			
	ACTIVACROSS ...	CYCLING & WAL...	HYROX	CYCLING & WAL...	ACTIVACROSS ...	AQUAWORK	CYCLING & WAL...	
	BODYBALANCE	PILATES	BODY ACTIVA S...	PILATES	GLUTEBOOM	BODYPUMP	AQUACOMBAT	
	GLUTEBOOM		BODYBALANCE		BODYBALANCE			
11:30	CYCLING & WAL...		CYCLING & WAL...		AQUAWORK			11:30
	AQUAWORK		AQUAWORK					
	BODY ACTIVA S...	ESPALDA SANA	GLUTEBOOM	ESPALDA SANA	BODY ACTIVA S...		BODYPUMP	
		ZUMBA		ZUMBA				
17:30	PILATES	SHAPES	PILATES	ESPALDA SANA	GLUTEBOOM			17:30
	BODYPUMP	BODY ACTIVA S...	BODYPUMP	ACTIVA FUNCIO...				
18:00	ACTIVACROSS ...		ACTIVACROSS ...		ACTIVACROSS ...	EGYM SHOW RO...	EGYM SHOW RO...	18:00
					EGYM SHOW RO...			
18:30	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...			18:30
	BODYBALANCE	BODYBALANCE	SHAPES	YOGA	BODYBALANCE			
	ZUMBA	ACTIVA PYRO	GLUTEBOOM	STEP	ZUMBA			
19:00	ACTIVACROSS ...	ACTIVACROSS ...	HYROX	ACTIVACROSS ...	ACTIVACROSS ...			19:00
	AQUAWORK	AQUAGYM	AQUACOMBAT	AQUAGYM	AQUAWORK			
19:30	CYCLING & WAL...	PILATES	CYCLING & WAL...	CYCLING & WAL...	BODYPUMP			19:30
	GAP	CYCLING & WAL...	YOGA	SHAPES				
	PILATES	STEP	ZUMBA	BODYPUMP				
20:00	ACTIVACROSS ...	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...			20:00
	AQUAGYM	AQUACOMBAT	AQUAGYM	AQUAWORK				
20:30		BODYPUMP		ACTIVA RUN				20:30
		ACTIVA RUN						
21:00	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...				21:00

VAN LLEGANDO
NUEVAS ACTIVIDADES

SUELO PÉLVICO+CORE EN BREVE

URBAN DANCE EN BREVE