

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 1 AL 15 DE SEPTIEMBRE
EN ACTIVA CLUB EL PUERTO

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

PRÓXIMAMENTE
NUEVAS ACTIVIDADES

BIT 45'

LES MILLS Shapes

EN BREVE

EN BREVE