

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 1 AL 7 DE SEPTIEMBRE
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
	BODY ACTIVA S...	CYCLING & WAL...	GAP	CYCLING & WAL...	BODY ACTIVA S...			
07:30	ACTIVACROSS ...		ACTIVA RUN		ACTIVACROSS ...			07:30
			ACTIVACROSS ...					
08:30	PILATES	HYROX	BODY ACTIVA S...	CYCLING & WAL...	SHAPES	CYCLING & WAL...		08:30
	CYCLING & WAL...	CYCLING & WAL...	ESPALDA SANA	ACTIVACROSS ...	CYCLING & WAL...	ACTIVACROSS ...		
	ACTIVA RUN		ACTIVACROSS ...		ACTIVA RUN			
	ACTIVACROSS ...				ACTIVACROSS ...			
09:30	CYCLING & WAL...	YOGA	PILATES	YOGA	CYCLING & WAL...	ESPALDA SANA	EGYM SHOW RO...	09:30
	ACTIVA FUNCIO...	BODY ACTIVA S...	CYCLING & WAL...	BODY ACTIVA S...	PILATES	HYROX	PILATES	
	AQUAGYM	ACTIVACROSS ...	ACTIVA FUNCIO...	AQUACOMBAT	ACTIVA FUNCIO...	EGYM SHOW RO...		
	PILATES	AQUACOMBAT	AQUAGYM	CYCLING & WAL...	HYROX			
	HYROX	CYCLING & WAL...	ACTIVACROSS ...	ACTIVACROSS ...	AQUAGYM			
					EGYM SHOWRO...			
10:30	GLUTEBOOM	CYCLING & WAL...	BODY ACTIVA S...	CYCLING & WAL...	GLUTEBOOM	BODYPUMP	AQUACOMBAT	10:30
	CYCLING & WAL...	PILATES	SUELO PELVICO	PILATES	BODYBALANCE	AQUAWORK	CYCLING & WAL...	
	AQUAWORK		CYCLING & WAL...		ACTIVACROSS ...			
	BODYBALANCE		AQUAWORK		AQUAWORK			
	ACTIVACROSS ...		HYROX					
11:30	BODY ACTIVA S...	ESPALDA SANA	GLUTEBOOM	ESPALDA SANA	BODY ACTIVA S...		BODYPUMP	11:30
		ZUMBA		ZUMBA				
17:30	PILATES	SHAPES	PILATES	ESPALDA SANA	GLUTEBOOM			17:30
	BODYPUMP	BODY ACTIVA S...	BODYPUMP	ACTIVA FUNCIO...				
18:00	ACTIVACROSS ...		ACTIVACROSS ...		EGYM SHOW RO...	EGYM SHOW RO...	EGYM SHOW RO...	18:00
					ACTIVACROSS ...			
18:30	BODYBALANCE	SUELO PELVICO	SHAPES	YOGA	BODYBALANCE			18:30
	ZUMBA	URBAN DANCE	GLUTEBOOM	STEP	ZUMBA			
	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...			
19:00	ACTIVACROSS ...	AQUAGYM	AQUACOMBAT	ACTIVACROSS ...	AQUAWORK			19:00
	AQUAWORK	ACTIVACROSS ...	HYROX	AQUAGYM	ACTIVACROSS ...			
19:30	PILATES	PILATES	YOGA	SHAPES	BODYPUMP			19:30
	CYCLING & WAL...	STEP	ZUMBA	BODYPUMP				
	GAP	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...				
20:00	ACTIVACROSS ...	AQUACOMBAT	AQUAGYM	ACTIVACROSS ...	ACTIVACROSS ...			20:00
	AQUAGYM	HYROX	ACTIVACROSS ...	AQUAWORK				
20:30		ACTIVA RUN		ACTIVA RUN				20:30
		BODYPUMP						
21:00	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...				21:00

VAN LLEGANDO
NUEVAS ACTIVIDADES

SUELO PÉLVICO+CORE DISPONIBLE

URBAN DANCE DISPONIBLE