

Horario de actividades

AADD PUERTO DESDE 15 SEPTIEMBRE A 5 OCTU...

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	Domingo	
07:00	ACTIVA CROSS45' BOX		ACTIVA CROSS45' BOX	ACTIVA CROSS45' BOX				07:00
07:30	BODYPUMP50' SALA 1	BIT45' SALA 1			HYROX50' BOX			07:30
08:30	AST (ACTIVA ...45' BOX	YOGA45' SALA 4	BODYPUMP50' SALA 1	AST (ACTIVA ...45' BOX	CYCLING & ...50' SALA 2			08:30
	PILATES50' SALA 4	CYCLING & ...50' SALA 2	PILATES50' SALA 4	YOGA45' SALA 4				
09:30	CYCLING & ...50' SALA 2	BODYPUMP50' SALA 1	CYCLING & ...50' SALA 2	PILATES50' SALA 4	BODYPUMP50' SALA 1	PILATES45' SALA 4	PILATES45' SALA 4	09:30
	ACTIVA PYRO45' SALA 1	PILATES50' SALA 4	STRETCHING45' SALA 4	HYROX50' BOX	PILATES50' SALA 4	HYROX50' BOX		
		HYROX50' BOX	BODYCOMBAT50' SALA 1	CYCLING & ...50' SALA 2				
10:00	ACTIVA CROSS45' BOX							10:00
10:30	BODYPUMP50' SALA 1	CYCLING & ...50' SALA 2	ACTIVA CROSS45' BOX	ACTIVA CROSS45' BOX	CYCLING & ...50' SALA 2	CYCLING & ...50' SALA 2	CYCLING & ...50' SALA 2	10:30
	PILATES50' SALA 4	HBX BOXING45' ZONA HBX	BODYPUMP50' SALA 1	ESPALDA SA...45' SALA 4	BODYJUMP45' SALA 1			
11:30								11:30
						BODYPUMP50' SALA 1	BODYPUMP50' SALA 1	
17:30	BODYPUMP50' SALA 1	BODYCOMBAT50' SALA 1	BODYPUMP50' SALA 1	PILATES50' SALA 4	ESPALDA SA...45' SALA 4			17:30
	HYROX50' BOX	PILATES50' SALA 4	ESPALDA SA...45' SALA 4	BODYCOMBAT50' SALA 1				
	PILATES50' SALA 4	HYROX50' BOX						
18:00					ACTIVA CROSS45' BOX			18:00
18:30	PILATES50' SALA 4	ACTIVA CROSS45' BOX	BODYJUMP45' SALA 1	HYROX50' BOX	PILATES50' SALA 4			18:30
	CYCLING & ...50' SALA 2	BODYPUMP50' SALA 1	CYCLING & ...50' SALA 2	BODYPUMP50' SALA 1	CYCLING & ...50' SALA 2			
	BIT45' SALA 1	STRETCHING45' SALA 4	PILATES50' SALA 4	CYCLING & ...50' SALA 2				
	ACTIVA CROSS45' BOX	CYCLING & ...45' SALA 2	ACTIVA CROSS45' BOX	PILATES50' SALA 4				
19:00					ACTIVA CRO...90' BOX			19:00
19:30	BODYJUMP45' SALA 1	ACTIVA CROSS45' BOX	CYCLING & ...50' SALA 2	ACTIVA CROSS45' BOX	BODYPUMP50' SALA 1			19:30
	CYCLING & ...50' SALA 2	PILATES50' SALA 4	BIT45' SALA 1	BACHATA (IN...45' SALA 1	YOGA45' SALA 4			
	PILATES50' SALA 4	GAP50' SALA 1	ACTIVA CROSS45' BOX	HBX BOXING45' ZONA HBX				
	ACTIVA CROSS45' BOX	HBX BOXING45' ZONA HBX	BODYBALAN...50' SALA 4	CYCLING & ...50' SALA 2				
20:30		CYCLING & ...45' SALA 2						20:30
	BODYPUMP50' SALA 1	ZUMBA45' SALA 1	STRETCHING45' SALA 4	ZUMBA45' SALA 1	MEDITACIÓN...45' SALA 4			
	ESPALDA SA...45' SALA 4		BODYPUMP50' SALA 1					
	HYROX50' BOX							