

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 ...		ACTIVACROSS ...		ACTIVACROSS ...			07:30
			ACTIVA RUN					
08:30	PILATES	CYCLING & WAL...	BODY ACTIVA S...	CYCLING & WAL...	SHAPES	CYCLING & WAL...		08:30
	CYCLING & WAL...	HYROX	ESPALDA SANA	ACTIVACROSS ...	CYCLING & WAL...	ACTIVACROSS ...		
	ACTIVA RUN		ACTIVACROSS ...		ACTIVACROSS ...			
	ACTIVACROSS ...				ACTIVA RUN			
09:30	CYCLING & WAL...	YOGA	PILATES	CYCLING & WAL...	CYCLING & WAL...	ESPALDA SANA	PILATES	09:30
	ACTIVA FUNCIO...	CYCLING & WAL...	CYCLING & WAL...	BODY ACTIVA S...	PILATES	EGYM SHOW RO...	EGYM SHOW RO...	
	AQUAGYM	AQUACOMBAT	ACTIVA FUNCIO...	YOGA	ACTIVA FUNCIO...	HYROX		
	PILATES	BODY ACTIVA S...	AQUAGYM	AQUACOMBAT	EGYM SHOW RO...			
	HYROX	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	HYROX			
					AQUAGYM			
10:30	GLUTEBOOM	CYCLING & WAL...	BODY ACTIVA S...	CYCLING & WAL...	GLUTEBOOM	BODY ACTIVA S...	CYCLING & WAL...	10:30
	CYCLING & WAL...	PILATES	SUELO PELVICO... NUEVA	PILATES	BODYBALANCE	AQUAWORK	AQUACOMBAT	
	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	BODYPUMP	SHAPES	BODYPUMP	ESPALDA SANA	GLUTEBOOM			17:30
	PILATES	BODY ACTIVA S...	PILATES	ACTIVA FUNCIO...				
18:00	ACTIVACROSS ...		ACTIVACROSS ...		EGYM SHOW RO...	EGYM SHOW RO...	EGYM SHOW RO...	18:00
					ACTIVACROSS ...			
18:30	BODYBALANCE	SUELO PELVICO... NUEVA DANCE NUEVA	CYCLING & WAL...	CYCLING & WAL...	ZUMBA			18:30
	ZUMBA	URBAN DANCE	GLUTEBOOM	YOGA	BODYBALANCE			
	CYCLING & WAL...	CYCLING & WAL...	SHAPES	GAP	CYCLING & WAL...			
19:00	AQUAWORK	AQUAGYM	AQUACOMBAT	ACTIVACROSS ...	AQUAWORK			19:00
	ACTIVACROSS ...	ACTIVACROSS ...	HYROX	AQUAGYM	ACTIVACROSS ...			
19:30	PILATES	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...	BODYPUMP			19:30
	CYCLING & WAL...	STEP	ZUMBA	BODYPUMP				
	GAP	PILATES	YOGA	SHAPES				
20:00	AQUAGYM	AQUACOMBAT	AQUAGYM	ACTIVACROSS ...	ACTIVACROSS ...			20:00
	ACTIVACROSS ...	HYROX	ACTIVACROSS ...	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 DISPONIBLE

URBAN DANCE DISPONIBLE