

HORARIO DE ACTIVIDADES DIRIGIDAS

DEL 8 AL 14 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
07:30	BODY ACTIVA S...	CYCLING & WAL...	GAP	CYCLING & WAL...	BODY ACTIVA S...			07:30
	ACTIVACROSS ...		ACTIVACROSS ...		ACTIVACROSS ...			
08:30	PILATES	CYCLING & WAL...	BODY ACTIVA S...	CYCLING & WAL...	SHAPES	ACTIVACROSS ...		08:30
	CYCLING & WAL...	HYROX	ESPALDA SANA	ACTIVACROSS ...	CYCLING & WAL...	CYCLING & WAL...		
	ACTIVA RUN		ACTIVACROSS ...		ACTIVACROSS ...			
	ACTIVACROSS ...				ACTIVA RUN			
09:30	CYCLING & WAL...	YOGA	PILATES	CYCLING & WAL...	CYCLING & WAL...	HYROX	PILATES	09:30
	ACTIVA FUNCIO...	CYCLING & WAL...	CYCLING & WAL...	BODY ACTIVA S...	PILATES	ESPALDA SANA	EGYM SHOW RO...	
	AQUAGYM	AQUACOMBAT	ACTIVA FUNCIO...	YOGA	ACTIVA FUNCIO...	EGYM SHOW RO...		
	HYROX	BODY ACTIVA S...	AQUAGYM	AQUACOMBAT	HYROX			
	PILATES	ACTIVACROSS ...	ACTIVACROSS ...	ACTIVACROSS ...	AQUAGYM			
10:30					EGYM SHOW RO...			10:30
	GLUTEBOOM	CYCLING & WAL...	BODY ACTIVA S...	CYCLING & WAL...	GLUTEBOOM	AQUAWORK	AQUACOMBAT	
	CYCLING & WAL...	PILATES	SUELO PÉLVICO... NUEVA	PILATES	BODYBALANCE	BODYPUMP	CYCLING & WAL...	
	AQUAWORK		CYCLING & WAL...		ACTIVACROSS ...			
	ACTIVACROSS ...		AQUAWORK		AQUAWORK			
11:30	BODYBALANCE		HYROX					11:30
	BODY ACTIVA S...	ESPALDA SANA	GLUTEBOOM	ESPALDA SANA	BODY ACTIVA S...		BODYPUMP	
17:30		ZUMBA		ZUMBA				17:30
	BODYPUMP	SHAPES	BODYPUMP	ESPALDA SANA	GLUTEBOOM			
	PILATES	BODY ACTIVA S...	PILATES	ACTIVA FUNCIO...				
18:00	ACTIVACROSS ...		ACTIVACROSS ...		ACTIVACROSS ...	EGYM SHOW RO...	EGYM SHOW RO...	18:00
					EGYM SHOW RO...			
18:30	BODYBALANCE	SUELO PÉLVICO... NUEVA	GLUTEBOOM	CYCLING & WAL...	ZUMBA			18:30
	ZUMBA	URBAN DANCE NUEVA	SHAPES	GAP	CYCLING & WAL...			
	CYCLING & WAL...	CYCLING & WAL...	CYCLING & WAL...	YOGA	BODYBALANCE			
19:00	AQUAWORK	AQUAGYM	AQUACOMBAT	ACTIVACROSS ...	AQUAWORK			19:00
	ACTIVACROSS ...	ACTIVACROSS ...	HYROX	AQUAGYM	ACTIVACROSS ...			
19:30	CYCLING & WAL...	CYCLING & WAL...	ZUMBA	CYCLING & WAL...	BODYPUMP			19:30
	GAP	STEP	YOGA	BODYPUMP				
	PILATES	PILATES	CYCLING & WAL...	SHAPES				
20:00	AQUAGYM	AQUACOMBAT	AQUAGYM	ACTIVACROSS ...	ACTIVACROSS ...			20:00
	ACTIVACROSS ...	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