Horario de actividades
AADD GERMANIAS DESDE EL 1-10

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	Domingo	
07:00	ACTIVA CROSS 60' BOX QUICK CIRC... 30' SALA 3	HYROX 60' BOX QUICK CORE 30' SALA 3	QUICK CIRC... 30' SALA 3	ACTIVA CROSS 60' BOX				07:00
09:00	QUICK CORE 25' SALA 3	QUICK CORE 25' SALA 3	QUICK CORE 25' SALA 3		BODYPUMP 60' SALA 3	HYROX 60' BOX		09:00
09:30	BODYPUMP 60' SALA 3	GAP 50' SALA 3	BODYPUMP 55' SALA 3	FIT SHAPERS 45' SALA 3				09:30
10:00					PILATES 55' SALA 3	ACTIVA CROSS 60' BOX		10:00
10:30	BODYBALAN... 60' SALA 3	FIT SHAPERS 45' SALA 3		POWER DAN... 50' SALA 3				10:30
10:35			ESPALDA SA... 50' SALA 3					10:35
11:00						BODYPUMP 60' SALA 3	BODYPUMP 60' SALA 3	11:00
11:30				HATHA YOGA 55' SALA 3				11:30
12:00							WEEKEND 60' SALA 3	12:00
12:10						VINYASA FL... 55' SALA 3		12:10
12:30		VINYASA FL... 55' SALA 3						12:30
13:30		MMA 50' SALA 3		MMA 50' SALA 3				13:30
14:30	GAP 50' SALA 3 CYCLING 50' SALA CICLO ACTIVA CROSS 60' BOX	BODYPUMP 60' SALA 3 ACTIVA CROSS 60' BOX	BODYCOMBAT 60' SALA 3 ACTIVA CROSS 60' BOX	ACTIVA CROSS 60' BOX BODYPUMP 60' SALA 3	ACTIVA CROSS 60' BOX			14:30
16:00		VINYASA FL... 55' SALA 3		BODYBALAN... 60' SALA 3				16:00
17:00	HYROX 60' BOX			ASHTANGA Y... 50' SALA 3				17:00
17:45		FIT SHAPERS 45' SALA 3	PILATES 45' SALA 3					17:45
18:00	BODYPUMP 50' SALA 3 ACTIVA CROSS 60' BOX	HYROX 60' BOX CYCLING 50' SALA CICLO	ACTIVA CROSS 60' BOX CYCLING 50' SALA CICLO	CYCLING 50' SALA CICLO ACTIVA CROSS 60' BOX	BODYPUMP 60' SALA 3 ACTIVA CROSS 60' BOX			18:00
18:05				BODYPUMP 60' SALA 3				18:05
18:15	CYCLING 50' SALA CICLO							18:15
18:30						QUICK CIRC... 30' SALA 3		18:30
18:35		GAP 50' SALA 3	FIT SHAPERS 45' SALA 3					18:35
19:00	BODYCOMBAT 55' SALA 3 ACTIVA CROSS 60' BOX	ACTIVA CROSS 55' BOX CYCLING 50' SALA CICLO	ACTIVA CROSS 55' BOX CYCLING 50' SALA CICLO	CYCLING 50' SALA CICLO HYROX 60' BOX	BODYBALAN... 60' SALA 3 HYROX 60' BOX			19:00
19:05				BODYCOMBAT 50' SALA 3				19:05
19:15	CYCLING 50' SALA CICLO							19:15
19:25			ZUMBA 45' SALA 3					19:25
19:35		BODYPUMP 55' SALA 3						19:35
20:00	HBX BOXING 30' SALA 3 HYROX 60' BOX	ACTIVA CROSS 60' BOX QUICK CIRC... 30' SALA FUNCIONAL	QUICK CORE 30' SALA FUNCIONAL HYROX 60' BOX	QUICK CIRC... 30' SALA FUNCIONAL FIT SHAPERS 45' SALA 3 ACTIVA CROSS 60' BOX				20:00
20:15			BODYPUMP 55' SALA 3					20:15
20:30	PILATES 55' SALA 3 QUICK CORE 30' SALA FUNCIONAL	STRETCHING 30' SALA 3						20:30