

Horario de actividades

AADD NOU MESTALLA DESDE EL 1-10

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	Domingo	
06:30	TABATA30' SALA 1		QUICK CORE30' SALA 1		QUICK CORE30' SALA 1			06:30
06:45	ACTIVA CROSS60' BOX	HYROX60' BOX	ACTIVA CROSS60' BOX	HYROX60' BOX	ACTIVA CROSS60' BOX			06:45
07:00	GLOBAL TRA...50' SALA 3	BODYPUMP60' SALA 1	CYCLING50' SALA CYCLING	GLOBAL TRA...50' SALA 3				07:00
07:45		ACTIVA CROSS60' BOX		ACTIVA CROSS60' BOX				07:45
07:50	HYROX50' BOX		HYROX50' BOX		HYROX50' BOX			07:50
08:30		LES MILLS S...45' SALA 1	HATHA YOGA50' SALA 3	LES MILLS S...45' SALA 3		HYROX60' BOX		08:30
08:50	QUICK CORE30' SALA 1		QUICK CORE30' SALA 1					08:50
09:00	PILATES50' SALA 3				VINYASA FL...55' SALA 3	QUICK CORE30' SALA 1	HIIT30' SALA 1	09:00
09:30	CYCLING50' SALA CYCLING	BODYATTAC...50' SALA 1	BODYPUMP60' SALA 1	GAP50' SALA 1	HYROX60' BOX	ACTIVA CROSS60' BOX		09:30
	HYROX60' BOX	CYCLING50' SALA CYCLING	CYCLING50' SALA CYCLING	CYCLING50' SALA CYCLING	CYCLING50' SALA CYCLING			
	BODYPUMP60' SALA 1	ACTIVA CROSS60' BOX	HYROX60' BOX	AQUADYNA...45' PISCINA	BODYPUMP60' SALA 1			
		AQUABOOST45' PISCINA	LES MILLS S...45' SALA 3	ACTIVA CROSS60' BOX	ESPALDA SA...50' SALA 3			
09:56					NIDRA YOGA30' SALA 3			09:56
10:00	LES MILLS S...45' SALA 3					BODYPUMP60' SALA 1	BODYPUMP60' SALA 1	10:00
10:15						CYCLING50' SALA CYCLING	CYCLING50' SALA CYCLING	10:15
10:30	ACTIVA CROSS60' BOX	HYROX60' BOX	ACTIVA CROSS60' BOX	PILATES45' SALA 1	ACTIVA CROSS60' BOX	HYROX60' BOX	QUICK CORE30' BOX	10:30
		HBX BOXING40' SALA 3		HYROX60' BOX				
		PILATES50' SALA 1						
10:35	BODYCOMBAT60' SALA 1	AQUABOOST45' PISCINA	BODYCOMBAT55' SALA 1	HBX BOXING40' SALA 3	BODYBALAN...60' SALA 1	AQUADYNA...45' PISCINA		10:35
	AQUADYNA...45' PISCINA		AQUADYNA...45' PISCINA	AQUADYNA...45' PISCINA	AQUABOOST45' PISCINA			
10:50	ESPALDA SA...45' SALA 3							10:50
11:05							WEEKEND60' SALA 1	11:05
11:10						BODYBALAN...60' SALA 1		11:10
11:15						CYCLING50' SALA CYCLING	CYCLING50' SALA CYCLING	11:15
11:30		BODYBALAN...60' SALA 1	FUSION DAN...45' SALA 1			ACTIVA CROSS60' BOX		11:30
11:35	DANCE50' SALA 1		HBX BOXING40' SALA 3					11:35
11:40	LES MILLS C...45' SALA 3			STRETCHING40' SALA 3				11:40
12:30	HYROX60' BOX							12:30
13:30	HYROX60' BOX	INICIACION ...60' BOX	HYROX60' BOX	ACTIVA CROSS60' BOX				13:30
14:30	ACTIVA CROSS60' BOX	HBX BOXING40' SALA 3	ACTIVA CROSS60' BOX	BODYPUMP60' SALA 1	ACTIVA CROSS60' BOX			14:30
	PILATES50' SALA 1	ACTIVA CROSS60' BOX	BODYCOMBAT60' SALA 1	ACTIVA CROSS60' BOX	CYCLING50' SALA CYCLING			
	CYCLING50' SALA CYCLING	BODYPUMP60' SALA 1	CYCLING50' SALA CYCLING		BODYBALAN...60' SALA 1			
15:30			HYROX60' BOX		HYROX60' BOX			15:30
15:35	HYROX60' BOX	GAP50' SALA 1	PILATES50' SALA 1	HBX BOXING40' SALA 3	VINYASA FL...55' SALA 1			15:35
	BODYPUMP60' SALA 1	HYROX60' BOX		ESPALDA SA...50' SALA 1				
				HYROX60' BOX				
16:20			ASHTANGA Y...50' SALA 3					16:20
17:00	INICIACION ...60' BOX	HYROX60' BOX	BODYPUMP55' SALA 1	HBX BOXING40' SALA 3	VINYASA FL...55' SALA 3			17:00
	VINYASA FL...55' SALA 3	PILATES50' SALA 1	INICIACION ...60' BOX	HYROX60' BOX	HYROX60' BOX			
	LES MILLS S...45' SALA 1			PILATES50' SALA 1	BODYPUMP60' SALA 1			
18:00	BODYPUMP55' SALA 1	Kick Boxing50' SALA 3	CYCLING50' SALA CYCLING	BODYATTACK50' SALA 1	LES MILLS S...45' SALA 3	BODYBALAN...60' SALA 1		18:00
	CYCLING50' SALA CYCLING	BODYPUMP60' SALA 1	HYROX60' BOX	INICIACION ...60' BOX	CYCLING50' SALA CYCLING			
	HYROX60' BOX	INICIACION ...60' BOX		CYCLING50' SALA CYCLING	ACTIVA CROSS60' BOX			
		CYCLING50' SALA CYCLING		BODYBALAN...55' SALA 3	BODYCOMBAT60' SALA 1			

18:05			GAP SALA 1 50'					18:05
18:30			BODYBALAN... SALA 3 50'					18:30
18:55					PILATES SALA 3 50'			18:55
19:00	BODYATTACK SALA 1 60'	HYROX BOX 60'	CYCLING SALA CYCLING 50'	CYCLING SALA CYCLING 50'	HYROX BOX 60'	ASHTANGA Y... SALA 1 50'		19:00
	LES MILLS C... SALA 3 30'	CYCLING SALA CYCLING 50'	HALTEROFILIA BOX 60'	GIMNASTICOS BOX 60'				
	CYCLING SALA CYCLING 45'	LES MILLS S... SALA 3 45'						
	EXTREM ACT... BOX 60'							
19:05		BODYCOMBAT SALA 1 55'		LES MILLS S... SALA 3 45'	BODYBALAN... SALA 1 60'			19:05
19:10		AQUABOOST PISCINA 45'		BODYPUMP SALA 1 50'				19:10
				AQUABOOST PISCINA 45'				
19:15			DANCE SALA 1 50'					19:15
19:20			PILATES SALA 3 50'					19:20
19:35	GRIT SERIES SALA 3 30'		AQUADYNA... PISCINA 45'					19:35
	AQUADYNA... PISCINA 45'							
19:50		FUSION DAN... SALA 3 45'						19:50
20:00	CYCLING SALA CYCLING 50'	ACTIVA CROSS BOX 60'	HYROX BOX 60'	HYROX BOX 60'				20:00
	HYROX BOX 60'	AQUADYNA... PISCINA 45'		AQUABOOST PISCINA 45'				
			CYCLING SALA CYCLING 50'					
20:05	BODYBALAN... SALA 1 55'	LES MILLS C... SALA 1 30'						20:05
20:10	HBX BOXING SALA 3 40'		HBX BOXING SALA 3 40'	BODYCOMBAT SALA 1 60'				20:10
20:15			BODYPUMP SALA 1 50'	VINYASA FL... SALA 3 55'	OPEN BOX BOX 120'			20:15
20:40		GRITSTRENG... SALA 1 30'						20:40
		PILATES SALA 3 50'						
21:10	BODYPUMP SALA 1 45'							21:10
21:15	OPEN BOX BOX 60'	ASHTANGA Y... SALA 1 50'	OPEN BOX BOX 60'	OPEN BOX BOX 60'				21:15
		OPEN BOX BOX 60'						