

HORARIO ACTIVIDADES DIRIGIDAS

13-19 OCTUBRE

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	Domingo	
07:00			ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX				07:00
07:30		BIT 45' SALA 1			HYROX 50' BOX			07:30
08:30		YOGA 45' SALA 4	BODYPUMP 50' SALA 1	AST (ACTIVA ... 45' BOX	CYCLING & ... 50' SALA 2			08:30
		CYCLING & ... 50' SALA 2	PILATES 50' SALA 4	YOGA 45' SALA 4				
				CYCLING & ... 50' SALA 2				
09:30	PILATES 45' SALA 4	PILATES 50' SALA 4	BODYCOMBAT 50' SALA 1	PILATES 50' SALA 4	PILATES 50' SALA 4	PILATES 45' SALA 4	PILATES 45' SALA 4	09:30
		BODYPUMP 50' SALA 1	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	HYROX 50' BOX		
		HYROX 50' BOX	STRETCHING 45' SALA 4	ZUMBA 45' SALA 1				
10:30	CYCLING & ... 50' SALA 2	HBX BOXING 45' ZONA HBX	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	BODYJUMP 45' SALA 1	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2	10:30
		CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	ESPALDA SA... 45' SALA 4	CYCLING & ... 50' SALA 2			
			PILATES 50' SALA 4	BODYPUMP 50' SALA 1	ACTIVA CROSS 45' BOX			
11:30	BODYPUMP 50' SALA 1					BODYPUMP 50' SALA 1	BODYPUMP 50' SALA 1	11:30
17:30		BODYCOMBAT 50' SALA 1	BODYPUMP 50' SALA 1	BODYCOMBAT 50' SALA 1	ESPALDA SA... 45' SALA 4			17:30
		PILATES 50' SALA 4	ESPALDA SA... 45' SALA 4	PILATES 50' SALA 4				
		HYROX 50' BOX						
18:00					ACTIVA CROSS 45' BOX			18:00
18:30		ACTIVA CROSS 45' BOX	PILATES 50' SALA 4	HYROX 50' BOX	PILATES 50' SALA 4			18:30
		STRETCHING 45' SALA 4	ACTIVA CROSS 45' BOX	PILATES 50' SALA 4	CYCLING & ... 50' SALA 2			
		BODYPUMP 50' SALA 1	BODYJUMP 45' SALA 1	BODYPUMP 50' SALA 1				
19:00		CYCLING & ... 45' SALA 2	CYCLING & ... 50' SALA 2	CYCLING & ... 50' SALA 2				19:00
					ACTIVA CRO... 90' BOX			
19:30		ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	ACTIVA CROSS 45' BOX	YOGA 45' SALA 4			19:30
		GAP 50' SALA 1	BODYBALAN... 50' SALA 4	HBX BOXING 45' ZONA HBX	BODYPUMP 50' SALA 1			
		HBX BOXING 45' ZONA HBX	CYCLING & ... 50' SALA 2	BACHATA (IN... 45' SALA 1				
		PILATES 50' SALA 4	BIT 45' SALA 1	CYCLING & ... 50' SALA 2				
20:30		CYCLING & ... 45' SALA 2						20:30
		CYCLING & ... 50' SALA 2	BODYPUMP 50' SALA 1	ZUMBA 45' SALA 1	MEDITACIÓN... 45' SALA 4			
		ZUMBA 45' SALA 1	STRETCHING 45' SALA 4					