

HORARIO ACTIVIDADES DIRIGIDAS

20 OCTUBRE-2 NOVIEMBRE

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