

HORARIO DE ACTIVIDADES DIRIGIDAS

MAÑANA

TARDE

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
SALA 1	7:15	8:15		BODYPUMP		BODYPUMP			
SALA 2	7:15	8:10					ESPALDA SANA		
SALA 3	7:15	8:05	aICYCLING		aICYCLING				
FITNESS	7:30	7:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'		
PISCINA	7:30	8:15			AQUABALANCE				
SALA 2	8:15	9:10		PILATES		BODYBALANCE			
FITNESS	8:30	8:45	INGRAVITY	ABD 15'	INGRAVITY	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 2	8:30	9:25			YOGA MEDITACIÓN		HATHA YOGA		
PISCINA	8:45	9:30	AQUACARDIO	AQUACARDIO	AQUACARDIO	AQUACARDIO			
FITNESS	9:30	10:25			aIWELLNESS				
FITNESS	9:30	9:45	ABD 15'	ABD 15'		ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	9:30	10:30	BODYPUMP	BODYATTACK	BODYSTEP	ZUMBA	BODYPUMP		
SALA 2	9:30	10:00					HIPOPRESIVOS		
SALA 2	9:30	10:15			HIPOPRESIVOS				
SALA 2	9:30	10:30	aIWELLNESS	BODYBALANCE		BODYBALANCE			
SALA 3	9:30	10:20		aICYCLING		aICYCLING			
PISCINA	9:30	10:15	AQUAFITNESS	AQUAFITNESS		AQUAFITNESS	AQUACARDIO		
PISCINA	9:30	10:15	AQUABALANCE						
OUTDOOR	9:30	10:25			aPASEAR				
SALA 1	10:00	11:00					BODYCOMBAT	ZUMBA	
SALA 2	10:00	10:50					PILATES		
PISCINA	10:30	11:15					AQUABALANCE		
FITNESS	10:30	10:45	ABD 15'		ABD 15'		ABD 15'	ABD 15'	ABD 15'
FITNESS	10:30	11:00		aIWOD 30'		aIWOD 30'			
SALA 1	10:30	11:30	BODYCOMBAT	ZUMBA	BODYPUMP	BODYSTEP	ZUMBA		
SALA 2	10:30	11:30	PILATES		PILATES				
SALA 2	10:30	12:00		HATHA YOGA					
SALA 3	10:30	11:20			aICYCLING		aICYCLING	aICYCLING	aICYCLING
PISCINA	10:30	11:15			AQUAFITNESS				
SALA 2	10:45	12:15				HATHA YOGA			
SALA 1	11:00	12:00					BODYPUMP	BODYPUMP	
SALA 2	11:00	11:55					STRETCHING		
OUTDOOR	11:00	11:55			aPÁDEL				
FITNESS	11:30	11:45		ABD 15'		ABD 15'		ABD 15'	ABD 15'
FITNESS	11:30	12:00	INGRAVITY 30'		INGRAVITY 30'		INGRAVITY 30'		
SALA 1	11:30	12:30	ZUMBA		NEW BALLETT FIT	ZUMBA			
SALA 2	11:30	12:30	ESPALDA SANA		ESPALDA SANA				
SALA 1	12:00	13:00					TAI CHI	STRETCHING	ZUMBA
SALA 3	12:00	13:00						aICYCLING	aICYCLING
FITNESS	12:30	12:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
FITNESS	13:30	13:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 3	14:00	14:50	aICYCLING				aICYCLING		
OUTDOOR	14:00	14:55	aPÁDEL						
FITNESS	14:30	14:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	14:30	15:30	BODYSTEP	BODYATTACK	BODYPUMP	BODYCOMBAT			
SALA 2	14:30	15:30					PILATES		
SALA 3	14:30	15:20		aICYCLING		aICYCLING			
FITNESS	15:30	15:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	15:30	16:30	BODYPUMP						
SALA 2	15:30	16:30		PILATES		BODYBALANCE			

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
SALA 3	15:30	16:20			aICYCLING				
PISCINA	15:45	16:30		AQUABALANCE					
FITNESS	16:30	16:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 2	16:30	17:25				HATHA YOGA			
SALA 1	17:00	17:55		ZUMBA					
SALA 2	17:00	17:45		HIPOPRESIVOS					
SALA 2	17:00	17:55	PILATES						
FITNESS	17:30	18:00	INGRAVITY 30'	aIWOD 30'	INGRAVITY 30'	aIWOD 30'	INGRAVITY 30'	aIWOD 30'	INGRAVITY 30'
SALA 1	17:30	18:30				BODYPUMP			
SALA 2	17:30	18:00			HIPOPRESIVOS				
SALA 2	17:30	18:25				PILATES AVANZADO			
SALA 3	17:30	18:20		aICYCLING		aICYCLING			
SALA 1	18:00	19:00	ZUMBA	BODYATTACK	ZUMBA		BODYPUMP		
SALA 2	18:00	19:00		STRETCHING	HATHA YOGA		BODYBALANCE		
SALA 3	18:00	18:50	aICYCLING		aICYCLING		aICYCLING		
SALA 2	18:15	19:00	HIPOPRESIVOS						
FITNESS	18:30	18:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	18:30	19:30				ZUMBA			
SALA 2	18:30	19:25				HATHA YOGA			
PISCINA	18:30	19:30						RELAXTIME	RELAXTIME
SALA 1	19:00	19:55	BODYSTEP	BODYCOMBAT	BODYPUMP		BODYCOMBAT		
SALA 2	19:00	20:00	BODYBALANCE	PILATES	PILATES		PILATES		
SALA 3	19:00	19:50		aICYCLING		aICYCLING	aICYCLING		
PISCINA	19:00	19:45		AQUACARDIO					
SALA 3	19:15	20:05	aICYCLING						
PISCINA	19:15	20:00	AQUAFITNESS						
PISCINA	19:15	20:00	AQUABALANCE						
FITNESS	19:30	19:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	19:30	20:30				NEW BOXEO*			
SALA 2	19:30	20:00				HIPOPRESIVOS			
SALA 3	19:30	20:20			aICYCLING				
PISCINA	19:45	20:30				AQUACARDIO			
SALA 1	20:00	20:55	BODYPUMP	NEW BALLETT FIT	BODY COMBAT				
SALA 2	20:00	21:00	PILATES	BODYBALANCE	BODYBALANCE				
SALA 2	20:00	20:45				PILATES	HATHA YOGA		
SALA 2	20:00	20:55							
PISCINA	20:00	20:45	AQUACARDIO			AQUAFITNESS			
PISCINA	20:00	21:00	aISWIM			aISWIM			
PISCINA	20:15	21:00		AQUABALANCE					
OUTDOOR	20:00	21:00		AmigosRUNNING		AmigosRUNNING			
FITNESS	20:30	20:45	ABD 15'	ABD 15'	ABD 15'				
FITNESS	20:30	20:45				aIFIT			
SALA 1	20:30	21:30				NEW SALSA*			
SALA 2	20:30	21:30							
SALA 3	20:30	21:20		aICYCLING		aICYCLING			
FITNESS	21:00	21:30	STRETCHING			aIWOD 30'		aIWOD 30'	
SALA 1	21:00	22:00	BODYATTACK	aIFIT					
SALA 2	21:00	21:45	HIPOPRESIVOS						
SALA 2	21:00	21:55		ESPALDA SANA	YOGA MEDITACIÓN	BODYBALANCE			
SALA 3	21:00	21:50	aICYCLING		aICYCLING				
PISCINA	21:00	21:45			AQUAWOD				
FITNESS	21:30	21:45							
FITNESS	21:30	22:00	INGRAVITY			ABD 15'	ABD 15'	ABD 15'	
PISCINA	21:30	22:30	RELAXTIME	RELAXTIME	RELAXTIME	RELAXTIME			

LesMILLS
BODYBALANCE

LesMILLS
BODYSTEP

LesMILLS
BODYCOMBAT

LesMILLS
BODYATTACK

LesMILLS
BODYPUMP

ZUMBA
FITNESS

La dirección se reserva el derecho de modificar los horarios según las necesidades del club.

HORARIO: De lunes a viernes de 7:00h a 23:00h, sábados y domingos de 8:30h a 20:00h

*Piscina y fitness cerrará 30 minutos antes del cierre del centro

Info.zaragoza@acb-aviva.com · 976 50 67 20 www.acb-aviva.com/zaragoza/horarios-aadd · facebook.com/AccuraZGZ · IG: @accura_zaragoza

HIPOPRESIVOS Es necesaria una prueba de nivel o clase iniciación previa a la realización de la actividad. Más info en recepción.

BOXEO* BACHATA* Actividades de pago. Infórmate en recepción.

ACTIVIDADES COMUNIDAD MIND

ACTIVIDADES COMUNIDAD FITNESS

ACTIVIDADES EXPRESS (COMUN. FITNESS)

ACTIVIDADES COMUNIDAD CYCLING

ACTIVIDADES COMUNIDAD RUNNING

ACTIVIDADES COMUNIDAD MOVING

ACTIVIDADES COMUNIDAD SWIMMING

ACTIVIDADES COMUNIDAD PÁDEL