

HORARIO DE ACTIVIDADES DIRIGIDAS

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
FITNESS	8:00	8:30		INGRAVITY 30'	á-WOD 30'				
CYCLING	8:00	8:50		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
CYCLING	8:30	9:20	CYCLING VIRTUAL		CYCLING VIRTUAL				
FITNESS	9:30	10:00	á-WOD				á-WOD		
SALA 1	9:30	10:20				BODYJUMP			
SALA 2	9:30	10:25		BODYPUMP		BODYPUMP			
SALA 3	9:30	10:20	PILATES	ESPALDA SANA	ESPALDA SANA		PILATES		
SALA 2	10:00	10:50	GAP		BODYATTACK		á-FIT		
PISCINA	10:00	10:50	AQUAFITNESS			AQUAFITNESS			
PISCINA	10:30	11:15			AQUAFITNESS				
FITNESS	10:30	11:45				ABD 15'			
SALA 1	10:30	11:25	BALLET FIT	BODYBALANCE					BODYPUMP
SALA 2	10:30	11:25		BODYCOMBAT		GAP		BODYPUMP	
SALA 3	10:30	11:25				BALLET FIT			
CYCLING	10:30	11:20		à-CYCLING		à-CYCLING	à-CYCLING		à-CYCLING
SALA 2	11:00	11:55					á-DANCE		
SALA 3	11:00	11:50			PILATES				
CYCLING	11:00	11:50	à-CYCLING		à-CYCLING				
SALA 1	11:30	12:25		ZUMBA		BODYBALANCE			
SALA 2	11:30	12:20		á-FIT	ZUMBA		ZUMBA	LES MILLS	
SALA 3	11:30	12:20	KUNDALINI YOGA					BALLET FIT	
SALA 3	11:30	13:00					KUNDALINI YOGA		
CYCLING	11:30	12:20					à-CYCLING	à-CYCLING	
SALA 3	12:00	12:55			HATHA YOGA				
CYCLING	12:15	13:05		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
SALA 1	12:30	13:25						PILATES ESPALDA SANA/	
SALA 2	12:30	13:25					BODYBALANCE		
SALA 3	12:30	13:00		HIPOPRESIVOS					
CYCLING	12:30	13:20	CYCLING VIRTUAL		CYCLING VIRTUAL				
CYCLING	13:30	14:20					CYCLING VIRTUAL	CYCLING VIRTUAL	
SALA 1	14:30	15:25	BOXEO		BODYATTACK				
SALA 2	14:30	15:25	BODYPUMP	á-FIT	BOXEO		BOXEO		
SALA 3	14:30	15:25	ESPALDA SANA		PILATES				
OUTDOOR	14:30	15:20	á-RUNNING				á-RUNNING		
CYCLING	14:30	15:20	CYCLING VIRTUAL	à-CYCLING			CYCLING VIRTUAL		
FITNESS	14:30	15:00	GAP 30'			á-WOD 30'			
CYCLING	15:00	15:30				CYCLING HIIT			
SALA 1	15:30	16:25		PILATES	BODYJUMP	BODYBALANCE			
SALA 2	15:30	16:25	B.COMBAT/ B.ATTACK				BODYPUMP		
CYCLING	15:30	16:20		à-CYCLING		CYCLING VIRTUAL			
FITNESS	16:30	17:00	á-WOD	á-WOD	á-WOD	á-WOD			
SALA 1	17:00	17:55		BALLET FIT					
CYCLING	17:00	17:50	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
SALA 1	17:15	18:05				PILATES			
FITNESS	17:30	17:45		ABD 15'	ABD 15'				
FITNESS	17:30	18:00	GAP 30'						
SALA 1	17:30	18:25	BODYJUMP				X-CORE		
SALA 2	17:30	18:25	BODYPUMP	à-FIT	GAP				
SALA 3	17:30	18:20		PILATES					
CYCLING	17:30	18:20		CYCLING VIRTUAL		CYCLING VIRTUAL			
FITNESS	18:00	18:30	INGRAVITY 30'		á-WOD 30'				
SALA 1	18:00	18:55				à-FIT			
SALA 2	18:00	18:55							
SALA 3	18:00	18:55							
CYCLING	18:00	18:50				à-CYCLING		CYCLING VIRTUAL	CYCLING VIRTUAL
SALA 1	18:15	18:45				HIPOPRESIVOS			
FITNESS	18:30	19:00		GAP 30'			á-WOD 30'		
FITNESS	18:30	19:30				FLOW FIT*			
SALA 1	18:30	19:25	BODYBALANCE				BODYATTACK		
SALA 2	18:30	19:25	BODYCOMBAT	BODYATTACK	ZUMBA		BODYBALANCE		
CYCLING	18:30	19:20	à-CYCLING						
CYCLING	18:30	19:40			à-CYCLING ENDURANCE				
FITNESS	19:00	19:15				ABD 15'			
FITNESS	19:00	19:30	GAP 30'						
SALA 2	19:00	19:55				BODYPUMP			
SALA 1	19:15	19:10			PILATES				
CYCLING	19:15	20:05				à-CYCLING			
FITNESS	19:30	19:45	ABD 15'	ABD 15'	ABD 15'				
FITNESS	19:30	20:30	TAC FIT*	KETTLEBELL*	TAC FIT*	HIIT TRAINING*			
SALA 1	19:30	20:25	HATHA YOGA			HATHA YOGA			
SALA 2	19:30	20:25	ZUMBA		BODYCOMBAT		ZUMBA		
SALA 3	19:30	21:00		KUNDALINI YOGA					
CYCLING	19:30	20:20	à-CYCLING	à-CYCLING			à-CYCLING		
PISCINA	19:30	20:20		AQUAWOD		AQUAWOD	AQUAWOD		
FITNESS	20:00	20:30	á-WOD 30'	INGRAVITY 30'	á-WOD 30'				
SALA 2	20:00	20:50		BOXEO		á-DANCE			
SALA 3	20:00	20:55	RITMOS LATINOS INICIACIÓN		RITMOS LATINOS AVANZADO	BALLET FIT			
OUTDOOR	20:00	20:00				á-RUNNING			
SALA 1	20:30	21:25		X-CORE	BOXEO	KUNDALINI YOGA			
SALA 2	20:30	21:25	BOXEO		BODYPUMP		BOXEO		
CYCLING	20:15	21:05			CYCLING VIRTUAL				
CYCLING	20:30	21:00	CYCLING HIIT						
CYCLING	20:30	21:20		CYCLING VIRTUAL					
FITNESS	21:00	21:30	INGRAVITY 30'						
SALA 3	21:00	21:50	RITMOS LATINOS AVANZADO		RITMOS LATINOS INTERMEDIO				
CYCLING	21:00	21:50					CYCLING VIRTUAL		
SALA 1*	21:30	22:30	TAEKWONDO*		TAEKWONDO*				

ACTIVIDADES COMUNIDAD MIND	ACTIVIDADES COMUNIDAD CYCLING	ACTIVIDADES COMUNIDAD MOVING
ACTIVIDADES COMUNIDAD FITNESS	ACTIVIDADES COMUNIDAD RUNNING	ACTIVIDADES COMUNIDAD SWIMMING

HORARIO: De lunes a viernes 7:30h. a 23:15h. · Sábados, domingos y festivos 9:00h. a 21:00h. La dirección se reserva el derecho a la modificación de los horarios según las necesidades del club. www.clubsaccura.es/tres-aguas · info.tres@accura.es · 914 880 790
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