

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				
SALA 2	10:00	10:50	BODYPUMP		BODYATTACK		á-FIT		
PISCINA	10:00	10:50					AQUAFITNESS		
FITNESS	10:30	11:45				ABD 15'			
SALA 1	10:30	11:25	NEW BALLET FIT	BODYBALANCE		ZUMBA			BODYPUMP
SALA 2	10:30	11:25		BODYCOMBAT		NEW GAP		BODYPUMP	
CYCLING	10:30	11:20		à-CYCLING		à-CYCLING	à-CYCLING		à-CYCLING
PISCINA	10:30	11:25	AQUAFITNESS		AQUAFITNESS				
SALA 2	11:00	11:55					ZUMBA		
SALA 3	11:00	11:50			PILATES				
CYCLING	11:00	11:50	à-CYCLING		à-CYCLING				
SALA 1	11:30	12:25		X-CORE		BODYBALANCE			
SALA 2	11:30	12:20			ZUMBA			ZUMBA	LES MILLS
SALA 3	11:30	12:20	KUNDALINI YOGA				KUNDALINI YOGA		
SALA 3	11:30	13:00						à-CYCLING	à-CYCLING
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						ESPALDA SANA/ PILATES	
SALA 2	12:30	13:25						BODYBALANCE	
SALA 3	12:30	13:00		HIPOPRESIVOS					
CYCLING	12:30	13:20	CYCLING VIRTUAL		CYCLING VIRTUAL			à-CYCLING	CYCLING VIRTUAL
CYCLING	13:30	14:20						à-CYCLING	CYCLING VIRTUAL
SALA 3	14:30	15:25			BODYATTACK				
SALA 2	14:30	15:25	BODYPUMP	á-FIT	BOXEO		BOXEO		
SALA 3	14:30	15:25			PILATES				
OUTDOOR	14:30	15:20	á-RUNNING				á-RUNNING		
CYCLING	14:30	15:00				à-CYCLING HIIT			
CYCLING	14:30	15:20	à-CYCLING	à-CYCLING	CYCLING VIRTUAL		CYCLING VIRTUAL		
FITNESS	14:30	15:00	GAP 30'						
FITNESS	15:00	15:30				á-WOD 30'			
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	INGRAVITY 30'	á-WOD				
SALA 1	17:00	17:55		NEW 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					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'	INGRAVITY 30'	á-WOD 30'				
SALA 1	18:00	18:55	BODYBALANCE						
SALA 2	18:00	18:55				à-FIT			
SALA 3	18:00	18:55				NEW BALLET FIT			
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		
SALA 2	18:30	19:25	BODYCOMBAT	BODYATTACK	ZUMBA		BODYPUMP		
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 1	19:00	19:55			PILATES				
SALA 2	19:00	19:55				BODYPUMP			
SALA 3	19:00	19:50					RITMOS LATINOS INTERMEDIO		
CYCLING	19:15	20:05		à-CYCLING		à-CYCLING			
FITNESS	19:30	19:45	ABD 15'	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	NEW BODYCOMBAT		
SALA 2	19:30	20:25	POWER KICK	ZUMBA	POWER KICK		ZUMBA		
CYCLING	19:30	20:20	à-CYCLING				à-CYCLING		
SALA 3	19:30	20:25		KUNDALINI YOGA					
PISCINA	19:30	20:20		AQUAWOD		AQUAWOD			
FITNESS	20:00	20:30	á-WOD 30'	INGRAVITY 30'	á-WOD 30'				
SALA 2	20:00	20:50				á-DANCE			
SALA 3	20:00	20:55	RITMOS LATINOS INICIACION		RITMOS LATINOS AVANZADO				
SALA 3*	20:00	22:00					*SEVILLANAS		
OUTDOOR	20:00	20:00				á-RUNNING			
SALA 1	20:30	21:25		X-CORE	BOXEO	NEW BALLET FIT			
SALA 2	20:30	21:25	BOXEO		BODYPUMP		NEW BOXEO		
CYCLING	20:15	21:05			CYCLING VIRTUAL				
CYCLING	20:30	21:20	à-CYCLING	CYCLING VIRTUAL					
FITNESS	21:00	21:30	INGRAVITY 30'						
SALA 3	21:00	21:50				RITMOS LATINOS INICIACION			
CYCLING	21:00	21:50					CYCLING VIRTUAL		
SALA 1*	21:30	22:30	TAEKWONDO*			TAEKWONDO*			

* **SEVILLANAS*** Actividades á plus. Infórmate en recepción.

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 · 91.1 880 790 www.facebook.com/AccuraTresAguas IG: @clubs_accura · @accuratresaguas