

HORARIO DE ACTIVIDADES DIRIGIDAS DEL LUNES 15 AL LUNES 22 DE ABRIL

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	8:30	9:20	CYCLING VIRTUAL		CYCLING VIRTUAL				
FITNESS	9:30	10:00	á-WOD						
SALA 2	9:30	10:25		BODYPUMP					
SALA 3	9:30	10:20	PILATES						
SALA 2	10:00	10:50			BODYATTACK				
PISCINA	10:00	10:50	AQUAFITNESS			AQUAFITNESS			
PISCINA	10:30	11:15			AQUAFITNESS				
SALA 1	10:30	11:25	BALLET FIT						BODYPUMP
SALA 2	10:30	11:25		BODYCOMBAT		BODYPUMP	BODYPUMP	BODYPUMP	
CYCLING	10:30	11:20		à-CYCLING					
SALA 3	11:00	11:50			PILATES				
CYCLING	11:00	11:50	à-CYCLING		à-CYCLING				
SALA 2	11:30	12:20			ZUMBA	ZUMBA	ZUMBA	ZUMBA	
SALA 3	11:30	12:20	KUNDALINI YOGA						BALLET FIT
CYCLING	11:30	12:20				à-CYCLING	à-CYCLING	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	BODYBALANCE		PILATES ESPALDA SANA/
SALA 2	12:30	13:25						BODYBALANCE	
CYCLING	12:30	13:20	CYCLING VIRTUAL		CYCLING VIRTUAL				
CYCLING	13:30	14:20						CYCLING VIRTUAL	CYCLING VIRTUAL
SALA 1	14:30	15:25						BODYATTACK	
SALA 2	14:30	15:25							BODYPUMP
SALA 3	14:30	15:25							PILATES
OUTDOOR	14:30	15:20	á-RUNNING						
CYCLING	14:30	15:20	CYCLING VIRTUAL	à-CYCLING					
FITNESS	14:30	15:00	GAP 30'						
SALA 1	15:30	16:25		PILATES					
SALA 2	15:30	16:25	B.COMBAT/ B.ATTACK						
CYCLING	15:30	16:20		à-CYCLING					
FITNESS	16:30	17:00	á-WOD	á-WOD	á-WOD				
CYCLING	17:00	17:50	CYCLING VIRTUAL		CYCLING VIRTUAL				
FITNESS	17:30	17:45		ABD 15'	ABD 15'				
FITNESS	17:30	18:00	GAP 30'						
SALA 2	17:30	18:25	BODYPUMP	à-FIT	GAP				
SALA 3	17:30	18:20		PILATES					
CYCLING	17:30	18:20		CYCLING VIRTUAL					
FITNESS	18:00	18:30	INGRAVITY 30'		á-WOD 30'				

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
CYCLING	18:00	18:50						CYCLING VIRTUAL	CYCLING VIRTUAL
FITNESS	18:30	19:00		GAP 30'					
SALA 1	18:30	19:25	BODYBALANCE						
SALA 2	18:30	19:25	BODYCOMBAT	BODYATTACK	ZUMBA				
CYCLING	18:30	19:20	à-CYCLING		à-CYCLING				
FITNESS	19:00	19:30	GAP 30'						
FITNESS	19:30	19:45	ABD 15'	ABD 15'	ABD 15'				
FITNESS	19:30	20:30	TAC FIT*	KETTLEBELL*	TAC FIT*				
SALA 1	19:30	20:25	HATHA YOGA		PILATES				
SALA 2	19:30	20:25	ZUMBA		BODYCOMBAT				
SALA 3	19:30	21:00		KUNDALINI YOGA					
CYCLING	19:30	20:20	à-CYCLING	à-CYCLING					
PISCINA	19:30	20:20		AQUAWOD					
FITNESS	20:00	20:30	á-WOD 30'	INGRAVITY 30'	á-WOD 30'				
SALA 3	20:00	20:55	RITMOS LATINOS INICIACION						
SALA 1	20:30	21:25		X-CORE					
CYCLING	20:15	21:05			CYCLING VIRTUAL				
CYCLING	20:30	21:20	CYCLING VIRTUAL	CYCLING VIRTUAL					
FITNESS	21:00	21:30	INGRAVITY 30'						
SALA 3	21:00	21:50	RITMOS LATINOS AVANZADO						
SALA 1*	21:30	22:30	TAEKWONDO*					TAEKWONDO*	

! LUNES 22 DE ABRIL

SALA 2	10:00	10:55	BODYPUMP
CYCLING	11:00	11:50	à-CYCLING
SALA 1	12:00	12:55	BODYBALANCE
SALA 2	14:30	15:25	BODYPUMP
SALA 2	15:30	16:25	BODYATTACK
SALA 2	18:00	18:55	BODYPUMP
SALA 1	18:15	19:05	ZUMBA
CYCLING	19:00	19:50	à-CYCLING
SALA 3	19:15	20:05	PILATES

HORARIO: De lunes a viernes 7:30h. a 23:15h.
Sábados, domingos y festivos 9:00h. a 21:00h.
HORARIO ESPECIAL SEMANA SANTA. Jueves 18,
viernes 19 y lunes 22 de 9:00h. a 21:00h.

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LES MILLS
BODYBALANCE

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

LES MILLS
BODYATTACK

ZUMBA
FITNESS

ballet fit

ACTIVIDADES COMUNIDAD MIND

ACTIVIDADES COMUNIDAD RUNNING

ACTIVIDADES COMUNIDAD FITNESS

ACTIVIDADES COMUNIDAD MOVING

ACTIVIDADES COMUNIDAD CYCLING

ACTIVIDADES COMUNIDAD SWIMMING