

# HORARIO DE ACTIVIDADES DIRIGIDAS

DESDE EL 12 DE SEPTIEMBRE



SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
SALA 1	7:15	8:00	á-FIT		BODYPUMP		á-FIT
CYCLING	7:15	8:05	CYCLING VIRTUAL	á-CYCLING	CYCLING VIRTUAL	á-CYCLING	CYCLING VIRTUAL
FITNESS	8:00	8:15	ABD 15'		ABD 15'		FOAM 15'
FITNESS	8:00	8:30		DUAL HIIT 30'		INGRAVITY 30'	
SALA 1	8:00	8:55		PILATES			YOGA INTEGRAL
SALA 1	8:30	9:00				GAP 30'	
SALA 1	9:00	9:55	ANTIAGING	ESPALDA SANA	ANTIAGING	ESPALDA SANA	
FITNESS	9:30	10:00	BOOTY 30'	á-WOD 30'	INGRAVITY 30'	DUAL HIIT	
SALA 1	9:30	10:25					GAP
SALA 1	10:00	10:55	á-FIT	LATINO	AERODANCE	TBC	
PISCINA	10:00	10:45		AQUAFITNESS		AQUAFITNESS	
SALA 1	10:30	11:25					LATINO
SALA 1	11:00	11:55	PILATES	STRETCHING	PILATES		
PISCINA	12:00	12:45	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS
CYCLING	13:00	13:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
SALA 1	13:45	14:30			BOOTY WORKOUT		
FITNESS	13:45	14:00	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 2	13:45	14:30	HBX BOXING				
FITNESS	14:00	14:30	á-WOD 30'	INGRAVITY 30'	DUAL HIIT	INGRAVITY 30'	BOOTY 30'
SALA 1	14:00	14:55		TBC		AERODANCE	
CYCLING	14:20	15:10	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL
FITNESS	14:30	14:45	MOBILITY 15'	FOAM 15'	MOBILITY 15'	FOAM 15'	MOBILITY 15'
SALA 1	14:30	15:25	BODYPUMP		BODYPUMP		BODYCOMBAT
SALA 2	14:30	15:15		HBX BOXING			
PLUS	14:30	15:25				PILATES	
CYCLING	14:30	15:20		á-CYCLING		á-CYCLING	
SALA 1	17:00	17:55		PILATES		BODYPUMP	
FITNESS	17:30	18:00	BOOTY 30'		INGRAVITY 30'		
PLUS	17:30	18:30		HIP-HOP KIDS*	KARATE KIDS*	HIP-HOP KIDS*	KARATE KIDS*

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
FITNESS	18:00	18:15	FOAM 15'		ABD 15'		
SALA 1	18:00	18:55		á-FIT			PILATES
SALA 2	18:00	18:45	HBX BOXING				
SALA 2	18:00	18:55			BOOTY WORKOUT		
CYCLING	18:00	18:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
SALA 1	18:15	19:10	BODYPUMP		AERODANCE	TBC	
PLUS	18:30	19:30			KARATE KIDS		KARATE KIDS
SALA 1	19:00	19:55					BODYPUMP
SALA 2	19:00	19:45		HBX BOXING	HBX BOXING	HBX BOXING	
SALA 2	19:00	19:55	BOOTY WORKOUT				
CYCLING	19:00	19:50	á-CYCLING	á-CYCLING	á-CYCLING	á-CYCLING	
PLUS	19:00	19:55	PILATES	YOGA INTEGRAL		PILATES	
FITNESS	19:15	19:30		ABD 15'		ABD 15'	
FITNESS	19:15	20:00	DUAL HIIT		DUAL HIIT		
SALA 1	19:15	20:10	BODYCOMBAT	á-DANCE	LATINO	á-DANCE	
PISCINA	19:15	20:00	AQUAFITNESS	AQUAFITNESS		AQUAFITNESS	
PLUS	19:30	20:25			ESPALDA SANA		
FITNESS	19:30	20:00		á-WOD 30'		á-WOD 30'	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'		ABD 15'		ABD 15'
SALA 1	20:00	20:55					AERODANCE
SALA 2	20:00	21:00			KARATE SHOTOKAN		
PLUS	20:00	20:55				YOGA INTEGRAL	
PLUS	20:00	21:00					KARATE SHOTOKAN
CYCLING	20:00	20:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
SALA 1	20:15	21:10	ZUMBA	BODYPUMP	BODYCOMBAT	STEP	
SALA 2	20:15	21:10		BOXEO		KICK BOXING	
PLUS	20:30	21:25			HATHA YOGA		
FITNESS	21:00	21:30	á-WOD 30'	INGRAVITY 30'	á-WOD 30'	DUAL HIIT	á-WOD 30'
FITNESS	21:30	21:45	MOBILITY 15'	ABD 15'	FOAM 15'	ABD 15'	FOAM 15'

SÁBADO	CYCLING	10:00	10:50	á-CYCLING	DOMINGO	CYCLING	10:00	10:50	á-CYCLING
	SALA 1	11:00	11:55	BODYCOMBAT		SALA 1	11:00	11:55	BODYPUMP
	PLUS	12:00	12:55	HATHA YOGA		PISCINA	11:30	13:00	AQUAFAMILY
	PISCINA	17:30	19:00	AQUAFAMILY		SALA 1	12:00	12:55	PILATES
	FITNESS	19:00	19:30	á-WOD		FITNESS	19:00	19:30	INGRAVITY 30'
	CYCLING	19:00	19:50	CYCLING VIRTUAL		CYCLING	19:00	19:50	CYCLING VIRTUAL
	FITNESS	19:30	20:00	INGRAVITY 30'		FITNESS	19:30	20:00	DUAL HIIT
	FITNESS	20:00	20:15	FOAM 15'		FITNESS	20:00	20:15	ABD 15'

ACTIVIDADES COMUNIDAD MIND	EXPRESS	ACTIVIDADES NO INCLUIDAS EN LA CUOTA
ACTIVIDADES COMUNIDAD FITNESS	EXPRESS	ACTIVIDADES COMUNIDAD MOVING
ACTIVIDADES COMUNIDAD CYCLING		ACTIVIDADES COMUNIDAD SWIMMING

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

### ACTIVIDADES ÁCCURA KIDS

## APP CLUBS ÁCCURA




- Estrenamos nueva imagen mucho más intuitiva.
- Selecciona tus comunidades preferidas.
- Mantente siempre informado de las novedades y eventos de las comunidades que elijas.
- Recibe comunicaciones en tiempo real de la vida del club.

