

HORARIO DE ACTIVIDADES DIRIGIDAS

DESDE EL 12 DE FEBRERO



SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
FITNESS	7:15	7:45		BOOTY 30'		á-WOD 30'	
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				INGRAVITY 30'	
SALA 1	8:00	8:55		NEW PILATES		NEW á-FIT	
SALA 1	9:00	9:55	NEW BODYPUMP	ESPALDA SANA	ANTIAGING	ESPALDA SANA	
PLUS	9:00	9:55	NEW ANTIAGING				
FITNESS	9:30	10:00		á-WOD 30'	INGRAVITY 30'	DUAL HIIT 30'	
SALA 1	9:30	10:25					GAP
SALA 1	10:00	10:55	NEW BODYCOMBAT	NEW LATINO	NEW BODYPUMP	NEW á-FIT	
SALA 2	10:00	10:45		NEW HBX BOXING			
PISCINA	10:00	10:45		AQUAFITNESS		AQUAFITNESS	
SALA 1	10:30	11:25					STRETCHING
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
FITNESS	13:45	14:00	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
SALA 1	13:45	14:30			BODYCOMBAT	BOOTY WORKOUT	
SALA 2	13:45	14:30	HBX BOXING				
FITNESS	14:00	14:30	á-WOD 30'	INGRAVITY 30'	DUAL HIIT 30'	INGRAVITY 30'	BOOTY 30'
SALA 1	14:00	14:55		GLOBAL TRAINING			
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	PILATES	BODYCOMBAT
SALA 2	14:30	15:15		HBX BOXING			
CYCLING	14:30	15:20		á-CYCLING		á-CYCLING	
FITNESS	15:15	15:45	NEW INGRAVITY 30'	BOOTY 30'	NEW á-WOD 30'	DUAL HIIT 30'	
FITNESS	15:45	16:00	FOAM 15'	ABD 15'	MOBILITY 15'	ABD 15'	

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
SALA 1	17:00	17:55	NEW AEROBIC	PILATES		BODYPUMP	
SALA 2	17:00	17:45			NEW HBX BOXING		
FITNESS	17:30	18:00	BOOTY 30'	NEW DUAL HIIT 30'	INGRAVITY 30'	á-WOD 30'	
FITNESS	18:00	18:15	ABD 15'	MOBILITY 15'	ABD 15'	FOAM 15'	
SALA 1	18:00	18:55		á-FIT	NEW STEP-TRAINING	NEW GLOBAL TRAINING	ESPALDA SANA
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				
SALA 2	18:15	19:00	HBX BOXING				
SALA 1	19:00	19:55		NEW á-DANCE	NEW LATINO	NEW á-DANCE	BODYPUMP
PLUS	19:00	19:55	PILATES	YOGA INTEGRAL		NEW YOGA INTEGRAL	
CYCLING	19:00	19:50	á-CYCLING	á-CYCLING	á-CYCLING	á-CYCLING	
FITNESS	19:15	19:30		ABD 15'		ABD 15'	
FITNESS	19:15	20:00		BOOTY HIIT	DUAL HIIT	BOOTY HIIT	DUAL HIIT
SALA 1	19:15	20:10	BODYCOMBAT				
SALA 2	19:15	20:00		HBX BOXING		HBX BOXING	
SALA 2	19:15	20:10	BOOTY WORKOUT				
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'	ABD 15'
SALA 1	20:00	20:55		NEW BODYPUMP	NEW BODYCOMBAT	NEW STEP	NEW á-DANCE
PLUS	20:00	20:55				NEW PILATES	
CYCLING	20:00	20:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
SALA 1	20:15	21:10	NEW á-DANCE				
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'	BOOTY HIIT 30'	DUAL HIIT 30'	á-WOD 30'
FITNESS	21:30	21:45	MOBILITY 15'	ABD 15'	FOAM 15'	ABD 15'	FOAM 15'

SÁBADO	INICIO	FINAL	ACTIVIDAD	DOMINGO	INICIO	FINAL	ACTIVIDAD
CYCLING	10:00	10:50	á-CYCLING	CYCLING	10:00	10:50	á-CYCLING
SALA 1	11:00	11:55	BODYPUMP	SALA 1	11:00	11:55	á-FIT
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 30'	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	BOOTY HIIT 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 COMUNIDAD MOVING
ACTIVIDADES COMUNIDAD FITNESS	EXPRESS	ACTIVIDADES COMUNIDAD SWIMMING
ACTIVIDADES COMUNIDAD CYCLING		

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

APP CLUBS ÁCCURA

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

LES MILLS BODYCOMBAT

LES MILLS BODYPUMP

HBX BOXING

*Los espacios deportivos (sala de fitness y piscina) cierran 30' antes del cierre de la instalación.