

HORARIO DE ACTIVIDADES DIRIGIDAS

MATÍ

TARDA

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
SALA 1	7:15	8:00	BODYPUMP		á-FIT		BODYPUMP
CYCLING	7:15	8:05	CYCLING VIRTUAL	á-CYCLING	CYCLING VIRTUAL	á-CYCLING	CYCLING VIRTUAL
FITNESS	8:00	8:15	ABD 15'		ABD 15'		ABD 15'
FITNESS	8:00	8:30		INGRAVITY 30'		INGRAVITY 30'	
SALA 1	9:00	9:45	á-FIT GOLD		á-FIT GOLD		
SALA 1	9:00	9:55		ESPALDA SANA		ESPALDA SANA	
PLUS	9:00	9:55					VINYASA YOGA
PISCINA	9:30	10:15		AQUAFITNESS		AQUAFITNESS	
SALA 1	10:00	10:45					GAP
SALA 1	10:00	10:55	á-FIT		TBC		
PLUS	10:00	10:45		NEW HBX BOXING			
SALA 1	10:15	11:10			NEW BODYPUMP		
SALA 1	11:00	11:55				LATINO	
SALA 1	11:10	12:05	PILATES		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	14:15		TBC 30'	BODYCOMBAT 30'	GAP 30'	
PLUS	13:45	14:30	HBX BOXING				
FITNESS	14:00	14:30	á-WOD 30'	INGRAVITY 30'	á-WOD 30'	INGRAVITY 30'	á-WOD 30'
PLUS	14:15	15:10			BOXEO		
CYCLING	14:20	15:10	á-CYCLING	á-CYCLING	CYCLING VIRTUAL	á-CYCLING	CYCLING VIRTUAL
FITNESS	14:30	14:45	STRETCH 15'	STRETCH 15'	STRETCH 15'	STRETCH 15'	STRETCH 15'
SALA 1	14:30	15:25	BODYPUMP	STEP TRAINING	BODYPUMP	PILATES	BODYCOMBAT
PLUS	14:30	15:15		HBX BOXING		HBX BOXING	

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
PISCINA	14:30	15:15			NEW AQUAWOD		
OUTDOOR	14:30	15:25	á-RUNNING			á-RUNNING	
FITNESS	15:30	15:45	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
PLUS	17:00	17:55	VINYASA YOGA				
SALA 1	17:50	18:45	BODYPUMP	á-FIT	STEP TRAINING	TBC	PILATES
PLUS	18:00	18:55				VINYASA YOGA	
CYCLING	18:00	18:50	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
PLUS	18:10	18:55	HBX BOXING				
PLUS	18:45	19:40			PILATES		
SALA 1	19:00	19:55	BODYCOMBAT	PILATES	LATINO	á-DANCE	BODYPUMP
PLUS	19:00	19:45		HBX BOXING			HBX BOXING
OUTDOOR	19:00	19:55			á-RUNNING		
PLUS	19:10	20:00	PILATES				KUNDALINI YOGA
CYCLING	19:10	20:00	á-CYCLING	á-CYCLING	á-CYCLING	á-CYCLING	
FITNESS	19:15	19:30		ABD 15'		ABD 15'	
PISCINA	19:15	20:00	AQUAFITNESS	AQUAFITNESS		AQUAFITNESS	
FITNESS	19:30	20:00	INGRAVITY 30'	á-WOD 30'	INGRAVITY 30'	á-WOD 30'	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'		ABD 15'		ABD 15'
PLUS	20:00	20:45			HBX BOXING		
PLUS	20:00	20:55		HATHA YOGA			
PISCINA	20:00	20:45			AQUAFITNESS		
SALA 1	20:10	21:05	ZUMBA	BODYPUMP	BODYCOMBAT	STEP	
CYCLING	20:10	21:00	CYCLING VIRTUAL	á-CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	á-CYCLING
PLUS	20:30	21:25	BOXEO			BOXEO	
FITNESS	21:00	21:30	á-WOD 30'	INGRAVITY 30'	á-WOD 30'	INGRAVITY 30'	á-WOD 30'
FITNESS	21:30	21:45	STRETCH 15'	ABD 15'	STRETCH 15'	ABD 15'	STRETCH 15'

SÁBADO	INICIO	FINAL	ACTIVIDAD
OUTDOOR	9:30	10:25	á-RUNNING*
CYCLING	10:00	10:50	á-CYCLING
SALA 1	11:00	11:55	á-FIT
SALA 1	12:10	13:05	HATHA YOGA

DOMINGO	INICIO	FINAL	ACTIVIDAD
CYCLING	10:00	10:50	á-CYCLING
SALA 1	11:00	11:55	á-FIT
PISCINA	11:30	13:00	AQUAFAMILY
SALA 1	12:10	13:05	VINYASA YOGA

SÁBADO	INICIO	FINAL	ACTIVIDAD
PISCINA	17:30	19:00	AQUAFAMILY
FITNESS	19:00	19:30	á-WOD
CYCLING	19:10	20:00	CYCLING VIRTUAL
FITNESS	19:30	20:00	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'

DOMINGO	INICIO	FINAL	ACTIVIDAD
FITNESS	19:00	19:30	á-WOD
CYCLING	19:10	20:00	CYCLING VIRTUAL
FITNESS	19:30	20:00	INGRAVITY 30'
FITNESS	20:00	20:15	ABD 15'



HORARIO: De lunes a viernes de 7:00h a 22:45h. Sábados y domingos de 9:00h a 14:15h y de 17:30h a 21:00h

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

www.clubsaccura.es/bruc · info.bruc@accura.es · 93 208 22 00 · www.facebook.com/AccuraBruc · IG @accura_bruc

ACTIVIDADES COMUNIDAD MIND	ACTIVIDADES EXPRES - C. MIND-
ACTIVIDADES COMUNIDAD FITNESS	ACTIVIDADES EXPRES - C. FITNESS-
ACTIVIDADES COMUNIDAD CYCLING	

ACTIVIDADES COMUNIDAD RUNNING
ACTIVIDADES COMUNIDAD MOVING
ACTIVIDADES COMUNIDAD SWIMMING