

# HORARIO DE ACTIVIDADES DIRIGIDAS

DESDE EL 1 DE OCTUBRE



SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
CYCLING	8:00	8:50		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
CYCLING	8:30	9:20	CYCLING VIRTUAL		CYCLING VIRTUAL				
FITNESS	9:30	10:30			TAC FIT*				
SALA 1	9:30	10:20	PILATES						
SALA 2	9:30	10:15		BODYPUMP		BODYPUMP			
SALA 3	9:30	10:20		VINYASA YOGA	MOBILITY				
SALA 1	10:00	11:30							TAEKWONDO*
SALA 2	10:00	10:45			HBX BOXING				
SALA 2	10:00	10:50				á-FIT			
PISCINA	10:00	10:45		AQUAFITNESS		AQUAWOD	AQUAFITNESS		
FITNESS	10:30	11:00		á-WOD 30'		á-WOD 30'			
SALA 2	10:30	11:15		BODYCOMBAT			BODYPUMP	BODYPUMP	
SALA 2	10:30	11:20	RITMOS LATINOS			NEW GAP			
CYCLING	10:30	11:00		CYCLING HIIT					
CYCLING	10:30	11:20	à-CYCLING				à-CYCLING		
SALA 2	11:00	11:55			ZUMBA		ZUMBA		
SALA 3	11:00	11:50			PILATES				
CYCLING	11:00	11:50			à-CYCLING				
SALA 2	11:20	12:05		BODYBALANCE					
SALA 1	11:30	12:25				BODYBALANCE			
SALA 1	11:30	12:50	KUNDALINI YOGA						
SALA 2	11:30	12:25		ZUMBA			ZUMBA	ZUMBA	
SALA 3	11:30	13:00				KUNDALINI YOGA			
CYCLING	11:30	12:20					à-CYCLING	à-CYCLING	
SALA 3	12:00	12:50			HATHA YOGA				
CYCLING	12:15	13:05		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
SALA 1	12:30	13:00		HIPOPRESIVOS					
SALA 1	12:30	13:25					PILATES	BODYBALANCE	
CYCLING	12:30	13:20	CYCLING VIRTUAL		CYCLING VIRTUAL		à-CYCLING		
CYCLING	13:30	14:20					CYCLING VIRTUAL	CYCLING VIRTUAL	
SALA 1	14:30	15:15	BOXEO		BOXEO				
SALA 2	14:30	15:15	BODYPUMP	HBX BOXING					
SALA 2	14:30	15:20			BODYPUMP		BODYPUMP		
CYCLING	14:30	15:20	CYCLING VIRTUAL			à-CYCLING	CYCLING VIRTUAL		
CYCLING	15:00	15:30		CYCLING HIIT					
SALA 1	15:30	16:25		PILATES	BODYJUMP	BODYBALANCE			
SALA 2	15:30	16:20	BODYCOMBAT			BODYPUMP			
SALA 3	15:30	16:20			VINYASA YOGA				
FITNESS	16:30	17:00			á-WOD 30'				

SALA	INICIO	FINAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
FITNESS	17:00	17:30	á-WOD 30'	á-WOD 30'		á-WOD 30'	á-WOD 30'		
CYCLING	17:00	17:50	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
SALA 1	17:30	18:15				PILATES			
SALA 1	17:30	18:20		PILATES					
SALA 2	17:30	18:15	BODYPUMP	à-FIT	GAP		HBX BOXING		
SALA 2	18:00	18:45				HBX BOXING			
CYCLING	18:00	18:50				VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
FITNESS	18:30	19:30				FLOW FIT*			
SALA 1	18:30	19:00				HIPOPRESIVOS			
SALA 1	18:30	19:20	BODYBALANCE				BODYATTACK		
SALA 2	18:30	19:15	BODYCOMBAT						
SALA 2	18:30	19:25			ZUMBA		BODYBALANCE		
SALA 3	18:30	19:25					HIP HOP*		
CYCLING	18:30	19:20	à-CYCLING		à-CYCLING				
FITNESS	19:00	19:15		ABD 15'					
SALA 2	19:00	19:50				BODYPUMP			
SALA 1	19:15	20:05			PILATES	HATHA YOGA			
CYCLING	19:15	20:05				à-CYCLING			
FITNESS	19:30	20:00			á-WOD 30'				
FITNESS	19:30	20:30	TAC FIT*						
SALA 1	19:30	20:15		BODYPUMP					
SALA 1	19:30	20:20					SALSA		
SALA 1	19:30	20:30	VINYASA YOGA						
SALA 2	19:30	20:15			HBX BOXING				
SALA 2	19:30	20:25	ZUMBA						
SALA 3	19:30	21:00		KUNDALINI YOGA					
CYCLING	19:30	20:20		CYCLING VIRTUAL			à-CYCLING		
CYCLING	19:35	20:25	à-CYCLING						
PISCINA	19:30	20:15		AQUAWOD		AQUAWOD			
CYCLING	20:15	21:05			CYCLING VIRTUAL				LES MILLS BODYBALANCE
SALA 1	20:30	21:20			BOXEO		SALSA		
SALA 2	20:30	21:20	BOXEO	BOXEO		BOXEO	BOXEO		LES MILLS BODYPUMP
SALA 3	20:30	21:20			BODYPUMP	HIP HOP*			LES MILLS BODYATTACK
CYCLING	20:30	21:20		CYCLING VIRTUAL					LES MILLS BODYATTACK
SALA 1	21:00	22:00	HIP HOP*	HIP HOP*					LES MILLS BODYCOMBAT
CYCLING	21:00	21:50					CYCLING VIRTUAL		LES MILLS BODYCOMBAT
SALA 1	21:30	22:30			TAEKWONDO*				ZUMBA FITNESS
SALA 2	21:30	22:30	TAEKWONDO*						

HIP HOP\*
TAEKWONDO\*
FLOW FIT\*
TAC FIT\*
 Actividad fuera de cuota. Más info en recepción.

ACTIVIDADES COMUNIDAD ÁCCURA MIND  
ACTIVIDADES COMUNIDAD ÁCCURA FITNESS

ACTIVIDADES COMUNIDAD ÁCCURA CYCLING  
ACTIVIDADES COMUNIDAD ÁCCURA RUNNING

ACTIVIDADES COMUNIDAD ÁCCURA MOVING  
ACTIVIDADES COMUNIDAD ÁCCURA SWIMMING