

# HORARIO DE ACTIVIDADES DIRIGIDAS

## MAÑANA

## TARDE

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
FITNESS	7:15	8:00		a!WOD 45'		a!WOD 45'			
SALA 3	7:15	8:05	a!CYCLING		a!CYCLING		a!CYCLING		
FITNESS	8:15	8:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
SALA 2	8:15	9:15			BODYPUMP				
SALA 3	8:15	8:45		a!CYCLING HIIT		a!CYCLING HIIT			
SALA 1	8:30	9:15	a! WELLNESS						
SALA 1	8:30	9:30			YOGA HATHA				
PISCINA	8:30	9:15					AQUACARDIO		
PISCINA	9:00	9:45		AQUACARDIO					
SALA 2	9:00	10:00		ZUMBA		BODYPUMP			
FITNESS	9:15	9:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
SALA 2	9:15	10:15	BODYPUMP				BODYCOMBAT		
SALA 3	9:15	10:05						a!CYCLING	
SALA 3	9:15	10:15		a!CYCLING ENDURANCE					
SALA 4	9:15	10:15	YOGA VINYASA	YOGA HATHA		YOGA HATHA	PILATES		
SALA 1	9:30	10:30	PILATES	PILATES					BODYPUMP
SALA 2	9:30	10:30			ZUMBA				a!CYCLING
SALA 3	9:30	10:20				a!CYCLING			
PISCINA	9:30	10:15	AQUAFITNESS		AQUAFITNESS	AQUACARDIO	AQUAFITNESS		
SALA 1	9:45	10:45			BODYBALANCE				
SALA 4	9:45	10:15				MOBILITY			
PISCINA	10:00	10:45		AQUACARDIO					
FITNESS	10:15	10:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 2	10:15	11:15		BODYPUMP		ZUMBA			
FITNESS	10:30	11:00	NEW TRX 30'	a!WOD 30'	NEW TRX 30'	a!WOD 30'	NEW TRX 30'		
SALA 2	10:30	11:30	ZUMBA			ZUMBA	BODYPUMP		
SALA 4	10:30	11:30		BALLET FIT					
PISCINA	10:30	11:15	AQUACARDIO		AQUACARDIO	AQUAFITNESS			
SALA 1	10:45	11:45	YOGA HATHA	YOGA HATHA		PILATES	PILATES		BODYBALANCE
SALA 2	10:45	11:45							BODYCOMBAT
SALA 3	10:45	11:35		a!CYCLING			a!CYCLING		
SALA 3	10:45	11:45							
SALA 4	10:45	11:45	a!CYCLING ENDURANCE		a!CYCLING ENDURANCE	YOGA VINYASA			
SALA 1	11:00	12:00			PILATES AVANZADO		YOGA HATHA		
PISCINA	11:00	11:45		AQUAFITNESS					
FITNESS	11:15	11:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
OUTDOOR	11:15	12:15				a!RUNNING			
FITNESS	11:30	12:00	a!WOD 30'	NEW TRX 30'	a!WOD 30'	NEW TRX 30'			
SALA 2	11:30	12:30		BODYCOMBAT		BODYCOMBAT			
PISCINA	11:30	12:15	AQUACARDIO		AQUAFITNESS		AQUACARDIO		
SALA 2	11:45	12:45	BODYCOMBAT				BODYPUMP		
SALA3	11:45	12:45						a!CYCLING ENDURANCE	
SALA 4	11:45	12:15		MOBILITY					
PISCINA	11:45	12:30						AQUACARDIO	
SALA 1	12:00	12:45							
SALA 1	12:00	13:00	PILATES			PILATES			
SALA 2	12:00	13:00			BODYPUMP				
SALA 3	12:00	12:50	a!CYCLING			a!CYCLING			
SALA 3	12:00	13:00							a!CYCLING ENDURANCE
PISCINA	12:00	12:45							AQUAFITNESS
FITNESS	12:15	12:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 1	12:15	13:15			PILATES		YOGA HATHA		
SALA 1	12:15	12:45		a!WELLNESS					
SALA 3	12:15	12:45			a!CYCLING HIIT				
FITNESS	12:30	13:00						a!WOD 30'	
SALA 1	12:30	13:30					YOGA HATHA		
PISCINA	12:30	13:15			a!SWIMMING	a!SWIMMING			
FITNESS	12:45	12:55	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'		
FITNESS	12:45	13:15							a!WOD 30'
SALA 2	12:45	13:45						ZUMBA	
FITNESS	13:15	13:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
FITNESS	13:30	14:00	NEW TRX 30'	a!WOD 30'	NEW TRX 30'	a!WOD 30'	NEW TRX 30'		

SALA	INICIO	FIN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
SALA 1	14:00	15:00		BODYBALANCE					
FITNESS	14:15	14:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
FITNESS	14:30	15:15					a!WOD 45'		
SALA 2	14:30	15:30	BODYPUMP		BODYPUMP				
SALA 3	14:30	15:20				a!CYCLING			
SALA 3	15:00	15:50		a!CYCLING					
FITNESS	15:15	15:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
SALA 3	15:30	16:20			a!CYCLING				
FITNESS	15:45	16:15	NEW TRX 30'						
SALA 1	16:00	17:00	PILATES			PILATES			
FITNESS	16:15	16:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
FITNESS	16:45	17:15		a!WOD 30'	NEW TRX 30'	NEW TRX 30'			
SALA 2	16:45	17:45			ZUMBA				
SALA 1	17:00	17:45		a!WELLNESS					
SALA 2	17:00	18:00				ZUMBA			
FITNESS	17:15	17:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 1	17:15	17:45	MOBILITY						
SALA 4	17:15	17:45				MOBILITY			
FITNESS	17:30	18:30					a!WOD		
SALA 3	17:30	18:00	a!CYCLING HIIT	a!CYCLING HIIT	a!CYCLING HIIT				
FITNESS	17:45	18:15	a!WOD 30'	NEW TRX 30'	a!WOD 30'	a!WOD 30'			
SALA 1	18:00	19:00	YOGA HATHA	PILATES	YOGA HATHA	BODYBALANCE	BODYBALANCE		
SALA 4	18:00	19:00			BALLET FIT				
FITNESS	18:15	18:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 2	18:15	19:15	ZUMBA	BODYPUMP	BODYCOMBAT	BODYPUMP	ZUMBA		
FITNESS	18:45	19:15		NEW TRX 30'					
SALA 3	18:45	19:35	a!CYCLING		a!CYCLING				
SALA 3	18:45	19:45		a!CYCLING ENDURANCE		a!CYCLING ENDURANCE	a!CYCLING ENDURANCE		
FITNESS	19:15	19:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'
SALA 1	19:15	20:15	YOGA HATHA	BODYCOMBAT	PILATES	BALLET FIT	YOGA HATHA		
SALA 4	19:15	20:15			YOGA HATHA				
SALA 2	19:30	20:30	BODYPUMP	ZUMBA	BODYPUMP	BODYCOMBAT	BODYCOMBAT		
SALA 4	19:30	20:30	LATINO			YOGA HATHA			
PISCINA	19:30	20:15	AQUACARDIO	AQUAFITNESS	AQUACARDIO	AQUACARDIO	AQUAFITNESS		
OUTDOOR	19:30	20:30	a!RUNNING		a!RUNNING	a!RUNNING			
FITNESS	19:45	19:55	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'	STRETCHING 10'		
SALA 3	20:00	20:30	a!CYCLING HIIT	a!CYCLING HIIT					
SALA 3	20:00	20:50							a!CYCLING
FITNESS	20:15	20:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
SALA 3	20:15	21:05							a!CYCLING
SALA 1	20:30	21:30	PILATES	YOGA HATHA	BODYBALANCE	PILATES			
SALA 3	20:30	21:30			a!CYCLING ENDURANCE				
SALA 4	20:30	21:00		a!DANCE	MOBILITY				
SALA 2	20:45	21:45	ZUMBA	BODYPUMP	ZUMBA	ZUMBA	BODYPUMP		
SALA 3	20:45	21:35		a!CYCLING					
SALA 3	20:45	21:45	a!CYCLING ENDURANCE						
PISCINA	20:45	21:30	a!SWIMMING	a!SWIMMING					
FITNESS	21:15	21:25	ABD 10'	ABD 10'	ABD 10'	ABD 10'	ABD 10'		
FITNESS	21:30	22:00	a!WOD 30'						

ACTIVIDADES COMUNIDAD MIND	ACTIVIDADES COMUNIDAD MOVING
ACTIVIDADES COMUNIDAD FITNESS	ACTIVIDADES EXPRESS COMUNIDAD FITNESS
ACTIVIDADES COMUNIDAD CYCLING	ACTIVIDADES COMUNIDAD SWIMMING
ACTIVIDADES COMUNIDAD RUNNING	

La dirección se reserva el derecho de modificar los horarios según las necesidades del club.  
 HORARIO: De lunes a viernes de 7:00h a 23:00h, sábados de 9:00h a 22:00h y domingos de 9:00h a 20:00h.  
 www.acb-aviva.com/malaga · info.malaga@acb-aviva.com · 952 20 72 53 · facebook.com/AvivaMalagaGrupoÁccura ig: @aviva\_ml