

# 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 ABD 10'               | NEW CYCLING VIRTUAL 45' ABD 10' | a!CYCLING ABD 10'               | NEW CYCLING VIRTUAL 45' ABD 10'   | a!CYCLING ABD 10'   |                     |                     |
| FITNESS | 8:15   | 8:25  |                                 |                                 |                                 |                                   |                     |                     |                     |
| 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  |                                 |                                 |                                 |                                   |                     |                     |                     |
| SALA 2  | 9:00   | 10:00 |                                 |                                 |                                 | BODYPUMP                          |                     |                     |                     |
| SALA 3  | 9:00   | 9:45  | NEW CYCLING VIRTUAL 45' ABD 10' |                                 | NEW CYCLING VIRTUAL 45' ABD 10' |                                   |                     |                     |                     |
| FITNESS | 9:15   | 9:25  |                                 |                                 |                                 |                                   |                     |                     |                     |
| 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 |                                 |                                 |                                 | ZUMBA                             |                     |                     | BODYPUMP            |
| SALA 2  | 9:30   | 10:30 |                                 |                                 |                                 |                                   |                     |                     | a!CYCLING           |
| SALA 3  | 9:30   | 10:20 |                                 |                                 |                                 | a!CYCLING NEW CYCLING VIRTUAL 45' |                     |                     | 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 |                                 |                                 |                                 | LATINO                            |                     |                     | BODYCOMBAT          |
| SALA 3  | 10:45  | 11:35 |                                 | a!CYCLING                       |                                 |                                   | a!CYCLING           |                     |                     |
| SALA 3  | 10:45  | 11:45 | a!CYCLING ENDURANCE             |                                 | a!CYCLING ENDURANCE             |                                   |                     |                     |                     |
| SALA 4  | 10:45  | 11:45 |                                 |                                 |                                 | 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            |                     |                     |
| SALA 3  | 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 |                     | 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  | 13:00 |                                 | 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               |                     |
| SALA 3  | 13:00  | 13:45 |                                 |                                 |                                 |                                   |                     |                     |                     |

| SALA    | INICIO | FIN   | LUNES                   | MARTES              | MIÉRCOLES               | JUEVES         | VIERNES                         | SÁBADO                  | DOMINGO                 |
|---------|--------|-------|-------------------------|---------------------|-------------------------|----------------|---------------------------------|-------------------------|-------------------------|
| FITNESS | 13:15  | 13:25 |                         |                     |                         |                |                                 |                         |                         |
| FITNESS | 13:30  | 14:00 | NEW TRX 30'             | ABD 10'             | NEW TRX 30'             | ABD 10'        | NEW TRX 30'                     | ABD 10'                 | ABD 10'                 |
| SALA 3  | 13:30  | 14:15 |                         | a!WOD 30'           | NEW CYCLING VIRTUAL 45' | a!WOD 30'      |                                 |                         |                         |
| SALA 1  | 14:00  | 15:00 |                         |                     |                         |                |                                 |                         |                         |
| FITNESS | 14:15  | 14:25 | ABD 10'                 |                     |                         | ABD 10'        | ABD 10'                         |                         |                         |
| FITNESS | 14:30  | 15:15 |                         |                     |                         |                |                                 |                         |                         |
| 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'        | NEW CYCLING VIRTUAL 45' ABD 10' |                         |                         |
| SALA 3  | 15:30  | 16:20 |                         |                     |                         | a!CYCLING      |                                 |                         |                         |
| FITNESS | 15:45  | 16:15 | NEW TRX 30'             |                     |                         |                |                                 |                         |                         |
| SALA 3  | 15:45  | 16:30 | NEW CYCLING VIRTUAL 45' |                     |                         |                |                                 |                         |                         |
| 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          |                                 |                         |                         |
| SALA 3  | 17:00  | 17:45 |                         |                     |                         |                | NEW CYCLING VIRTUAL 45'         | NEW CYCLING VIRTUAL 45' |                         |
| 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                |                     |                         | 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     |                                 |                         |                         |
| SALA 3  | 18:00  | 18:45 |                         |                     |                         |                |                                 | NEW CYCLING VIRTUAL 45' | NEW CYCLING VIRTUAL 45' |
| 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      | 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 |                         |                     |                         |                |                                 |                         |                         |
| 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               | NEW CYCLING VIRTUAL 45' |
| FITNESS | 20:15  | 20:25 | ABD 10'                 | 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'                         | ABD 10'                 |                         |
| FITNESS | 21:30  | 22:00 | a!WOD 30'               |                     |                         | a!WOD 30'      |                                 |                         |                         |

|                                      |                                       |
|--------------------------------------|---------------------------------------|
| <b>ACTIVIDADES COMUNIDAD MIND</b>    | <b>ACTIVIDADES COMUNIDAD RUNNING</b>  |
| <b>ACTIVIDADES COMUNIDAD FITNESS</b> | <b>ACTIVIDADES COMUNIDAD MOVING</b>   |
| <b>ACTIVIDADES COMUNIDAD CYCLING</b> | <b>ACTIVIDADES COMUNIDAD SWIMMING</b> |

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/AvivaMalagaGrupoAccura ig: @aviva\_mlg