






# Ciudad Deportiva Municipal Alpedrete

## Horario de Clases del Febrero 2018

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SABADO		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo	9:15	Ciclo - Virtual	Ciclo
9:15	Pilates	1	9:15	Body Pump	1	9:15	Pilates	1	9:15	Body Pump	1	9:15	Pilates	1	10:00	Eliptica Bike Virtual	Fitness
			9:15	Pilates	4	9:15	Yoga-Dinámico	4	9:15	Pilates	4	9:15	Yoga-Dinámico	4	10:15	Ciclo - Indoor	1
9:15	Funcional Training	2				9:15	Funcional Training	2				9:15	Funcional Training	2	10:15	Hatha Yoga	4
9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	10:30	Training Fit	Fitness
10:00	Eliptica Bike Virtual	Fitness	10:00	Eliptica Bike Virtual	Fitness	10:00	Eliptica Bike Virtual	Fitness	10:00	Eliptica Bike Virtual	Fitness	10:00	Eliptica Bike Virtual	Fitness	11:15	Zumba	1
10:15	Ciclo - Indoor	Ciclo	10:15	Ciclo - Indoor	Ciclo	10:15	Ciclo - Indoor	Ciclo	10:15	Ciclo - Indoor	Ciclo	10:15	Ciclo - Indoor	Ciclo	11:15	Aquafitness	Piscina
10:15	Zumba	1	10:15	Sh'Bam	1	10:15	Zumba	1	10:15	Sh'Bam	1	10:15	Zumba	1	11:30	Ciclo - Virtual	Ciclo
10:15	Yoga-Terapia	4	10:15	Hatha Yoga	4				10:15	Hatha Yoga	4				12:00	Eliptica Bike Virtual	Fitness
10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	13:00	ABD Xpress	Fitness
10:30	TRX	Fitness	11:00	ABD Xpress	Fitness	10:30	TRX	Fitness	11:00	ABD Xpress	Fitness	10:30	TRX	Fitness	14:30	Ciclo - Virtual	Ciclo
11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	16:30	Ciclo - Virtual	Ciclo
11:15	Hipopresivos	1	11:15	Body Balance	1	11:15	Hipopresivos	1	11:15	Body Balance	1	11:15	Fit-Ball 30'	1	19:00	Ciclo - Virtual	Ciclo
11:30	Ciclo - Virtual	Ciclo	11:30	Ciclo - Virtual	Ciclo	11:30	Ciclo - Virtual	Ciclo	11:30	Ciclo - Virtual	Ciclo	11:30	Ciclo - Virtual	Ciclo	18:30	Training Fit	Fitness
11:30	R. Postural	4				11:30	R. Postural	4				11:45	Stretching 30'	1	19:30	ABD Xpress	Fitness
12:00	Eliptica Bike Virtual	Fitness	12:00	Eliptica Bike Virtual	Fitness	12:00	Eliptica Bike Virtual	Fitness	12:00	Eliptica Bike Virtual	Fitness	12:00	Eliptica Bike Virtual	Fitness			
13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo			
14:00	Training Fit	Fitness	14:00	TRX	Fitness	14:00	Training Fit	Fitness	14:00	TRX	Fitness	14:00	TRX	Fitness			
14:30	TRX	Fitness	14:30	Training Fit	Fitness	14:30	TRX	Fitness	14:30	Training Fit	Fitness						
14:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo			
16:30	Ciclo - Virtual	Ciclo	16:30	Ciclo - Virtual	Ciclo	16:30	Ciclo - Virtual	Ciclo	16:30	Ciclo - Virtual	Ciclo	16:30	Ciclo - Virtual	Ciclo			
17:30	Training Fit	Fitness	17:30	TRX	Fitness	17:30	Training Fit	Fitness	17:30	TRX	Fitness	17:30	Training Fit	Fitness			
18:00	Cardio STEP	1	18:00	GAP Xpress	1	18:00	Cardio STEP	1	18:00	GAP Xpress	1	18:00	Zumba	1			
			18:00	Body Balance	4												
18:30	TRX	Fitness	18:30	Stretching 30'	1				18:30	Stretching 30'	1						
			18:30	Ciclo - Virtual	Ciclo				18:30	Ciclo - Virtual	Ciclo						
18:45	AquaSalud	Piscina				18:45	AquaSalud	Piscina									
19:00	Club Running	Ext.	19:00	Hipopresivos	3	19:00	Club Running	Ext.	19:00	Hipopresivos	3	19:00	Pilates	4	12:00	Eliptica Bike Virtual	Fitness
19:00	Ciclo - Indoor	Ciclo				19:00	Ciclo - Indoor	Ciclo				19:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo
19:00	Body Pump	1	19:00	Body Combat	1	19:00	Zumba	1	19:00	Body Combat	1	19:00	Body Pump	1			
19:00	Fit-Ball 30'	2				19:00	HIIT	2									
			19:30	Ciclo - Indoor	Ciclo				19:30	Ciclo - Indoor	Ciclo						
19:30	Stretching 30'	2															
19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina			
19:30	Training Fit	Fitness	19:30	ABD Xpress	Fitness	19:30	Training Fit	Fitness	19:30	ABD Xpress	Fitness						
			19:30	Ashtanga Yoga	4				19:00	Ashtanga Yoga	4						
20:00	Ciclo - Indoor	Ciclo				20:00	Ciclo - Indoor	Ciclo				20:00	Ciclo - Indoor	Ciclo			
20:00	Zumba	1	20:00	Sh'Bam	1	20:00	Body Pump	1	20:00	Sh'Bam	1						
20:00	HIIT	2				20:00	Fit-Ball 30'	2									
20:00	Hatha Yoga	4	20:00	Pilates	3	20:00	Hatha Yoga	4	20:00	Pilates	3						
			20:15	AquaZumba	Piscina				20:15	AquaZumba	Piscina						
			20:30	Abdominales	2	20:30	Stretching 30'	2	20:30	Abdominales	2						
20:30	ABD Xpress	Fitness	20:30	Training Fit	Fitness	20:30	ABD Xpress	Fitness	20:30	Training Fit	Fitness	20:30	TRX	Fitness			
			20:30	*TRIATLON*	Piscina				20:30	*TRIATLON*	Piscina						
21:00	Pilates	3				21:00	Pilates	3									
21:00	GAP	1	21:00	Funcional Training	1	21:00	GAP	1	21:00	Funcional Training	1						
			21:00	Aikido	Tatami				21:00	Aikido	Tatami						

\* La dirección se reserva el derecho a modificación y/o cancelación de las actividades por necesidades organizativas.

	Tonificación		Cuerpo / mente		Cardiovascular		Coreografía / Baile		Piscina		Alta intensidad
	Virtual		Artes Marciales		Solo con "Cuota Triatlón"		Baja intensidad				