

# Ciudad Deportiva Municipal Alpedrete

## Horario de Clases del Junio 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  | Elíptica 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 |         |                       |         | 10:30  | Training Fit          | Fitness |
| 10:00 | Elíptica Bike Virtual | Fitness | 10:00  | Elíptica Bike Virtual | Fitness | 10:00     | Elíptica Bike Virtual | Fitness | 10:00  | Elíptica Bike Virtual | Fitness | 10:00   | Elíptica 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  | Elíptica 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                   | 2       | 10:30  | CX-Worx               | 2       | 10:30     | TRX                   | 2       | 10:30  | CX-Worx               | 2       |         |                       |         | 14:30  | Ciclo - Virtual       | Ciclo   |
|       |                       |         | 11:15  | Abdominales           | 2       |           |                       |         | 11:15  | Abdominales           | 2       |         |                       |         |        |                       |         |
| 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  | Balance               | 1       | 11:15     | Hipopresivos          | 1       | 11:15  | Balance               | 1       | 11:15   | Fit-Ball 30'          | 2       | 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'        | 2       | 19:30  | ABD Xpress            | Fitness |
| 12:00 | Elíptica Bike Virtual | Fitness | 12:00  | Elíptica Bike Virtual | Fitness | 12:00     | Elíptica Bike Virtual | Fitness | 12:00  | Elíptica Bike Virtual | Fitness | 12:00   | Elíptica 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   | Training Fit          | 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 |        |                       |         |
| 17:30 | Ciclo - Virtual       | Ciclo   | 17:30  | Ciclo - Virtual       | Ciclo   | 17:30     | Ciclo - Virtual       | Ciclo   | 17:30  | Ciclo - Virtual       | Ciclo   | 17:30   | Ciclo - Virtual       | Ciclo   |        |                       |         |
| 17:30 | **Junior Class**      | 2       |        |                       |         | 17:30     | **Junior Class**      | 2       |        |                       |         |         |                       |         |        |                       |         |
| 18:00 | Cardio STEP           | 1       | 18:00  | GAP Xpress            | 1       | 18:00     | Cardio STEP           | 1       | 18:00  | GAP Xpress            | 1       | 18:00   | Zumba                 | 1       | 11:30  | Training Fit          | Fitness |
|       |                       |         | 18:00  | Balance               | 4       |           |                       |         |        |                       |         |         |                       |         |        |                       |         |
| 18:00 | Flexi-Tone            | 2       | 18:30  | Flexi-Tone            | 1       | 18:00     | Flexi-Tone            | 2       | 18:30  | Flexi-Tone            | 1       |         |                       |         |        |                       |         |
| 18:30 | TRX                   | 2       | 18:30  | Ciclo - Virtual       | Ciclo   | 18:30     | TRX                   | 2       | 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  | Elíptica 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  | CX-Worx               | 2       | 19:00     | HIIT                  | 2       | 19:00  | CX-Worx               | 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 | Kettlebell Training   | Fitness | 19:30  | Kettlebell Training   | Fitness | 19:30     | Kettlebell Training   | Fitness | 19:30  | Kettlebell Training   | 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  | AquaFlexi             | Piscina |           |                       |         | 20:15  | AquaFlexi             | Piscina |         |                       |         |        |                       |         |
|       |                       |         | 20:30  | Abdominales           | 2       | 20:30     | Stretching 30'        | 2       | 20:30  | Abdominales           | 2       |         |                       |         |        |                       |         |
| 20:30 | ABD Xpress            | Fitness |        |                       |         | 20:30     | ABD Xpress            | Fitness |        |                       |         | 20:30   | TRX                   | Fitness |        |                       |         |
|       |                       |         | 20:30  | *TRIATLON*            | Piscina |           |                       |         | 20:30  | *TRIATLON*            | Piscina |         |                       |         |        |                       |         |
| 21:00 | Pilates               | 3       |        |                       |         | 21:00     | Pilates               | 3       |        |                       |         |         |                       |         |        |                       |         |
| 21:00 | GAP                   | 2       | 21:00  | Funcional Training    | 2       | 21:00     | GAP                   | 2       | 21:00  | Funcional Training    | 2       |         |                       |         |        |                       |         |
|       |                       |         | 21:00  | Aikido                | Tatami  | 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.

\*\* Actividad para aquellos usuarios de Cuota Junior

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