

# Horario de clases de la Ciudad Deportiva Municipal de Alpedrete

## Del 1 al 7 Agosto 2016

LUNES 1			MARTES 2			MIÉRCOLES 3			JUEVES 4			VIERNES 5			SABADO 6		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
9:15	Mantenimiento	2	9:15	Pilates	1	9:15	Yoga	Yoga	9:15	Pilates	1	9:15	Yoga	Yoga	9:30	Training Fit	Fitness
9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:15	Mantenimiento	2	9:30	Training Fit	Fitness	9:15	Mantenimiento	2	10:15	Zumba	1
10:15	Ciclo - Indoor	Ciclo	10:15	Sh'Bam	1	9:30	Training Fit	Fitness	10:15	Sh'Bam	1	10:15	Aquafitness	Piscina	11:15	Body Pump	Ciclo
10:15	Aquafitness	Piscina	10:15	Aquafitness	Piscina	10:15	Ciclo - Indoor	Ciclo	10:15	Aquafitness	Piscina	10:15	Ciclo - Indoor	Ciclo	13:00	Training Fit	Fitness
10:15	Zumba	1	10:15	Yoga	Yoga	10:15	Aquafitness	Piscina	10:15	Yoga	Yoga	11:15	GAP 30'	1	15:00	ABS Xpress	Fitness
11:15	Body Combat	1	11:15	Body Balance	1	10:15	Zumba	1	11:15	Body Balance	1	11:45	Stretching 30'	1	17:30	Training Fit	Fitness
13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	11:15	Body Combat	1	13:00	Training Fit	Fitness	13:15	Training Fit	Fitness			
15:00	ABS Xpress	Fitness	15:00	ABS Xpress	Fitness	13:00	Training Fit	Fitness	15:00	ABS Xpress	Fitness	15:30	ABS Xpress	Fitness			
17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	15:00	ABS Xpress	Fitness	17:30	Training Fit	Fitness	17:15	Training Fit	Fitness			
19:00	Body Pump	1	19:00	Body Combat	1	17:30	Training Fit	Fitness	19:00	Body Combat	1	19:00	Body Pump	1	DOMINGO 7		
19:30	Glu Ten	Fitness	19:00	Yoga	Yoga	19:00	Body Pump	1	19:00	Yoga	Yoga	20:00	Zumba	1	HORA	ACTIVIDAD	SALA
20:00	Training Fit	Fitness	19:30	Glu Ten	Fitness	19:30	Glu Ten	Fitness	19:30	Glu Ten	Fitness	20:00	Training Fit	Fitness	11:00	Training Fit	Fitness
20:00	Zumba	1	20:00	Ciclo - Indoor	2	20:00	Training Fit	Fitness	20:00	Ciclo - Indoor	2	21:30	ABS Xpress	Fitness	13:00	ABS Xpress	Fitness
21:00	Pilates	1	20:00	Training Fit	Fitness	20:00	Zumba	1	20:00	Training Fit	Fitness						
21:00	Core 10'	Fitness	20:00	Sh'Bam	1	21:00	Pilates	1	20:00	Sh'Bam	1						
			19:45	AquaZumba	Piscina	21:00	Core 10'	Fitness	19:45	AquaZumba	Piscina						
			21:00	Pilates	1				21:00	Pilates	1						
			21:15	ABS Xpress	Fitness				21:15	ABS Xpress	Fitness						

	Tonicación		Cuerpo / mente		Cardiovascular		Coreografía / Baile		Piscina		Alta intensidad
	Artes marciales		Múltiples capacidades físicas						Baja Intensidad		



AYUNTAMIENTO  
DE ALPEDRETE

# Horario de clases de la Ciudad Deportiva Municipal de Alpedrete

## Del 8 al 14 de Agosto 2016



LUNES 8			MARTES 9			MIÉRCOLES 10			JUEVES 11			VIERNES 12			SABADO 13		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
9:15	Mantenimiento	2	9:15	Pilates	1	9:15	Mantenimiento	2	9:15	Pilates	1	9:15	Yoga	Yoga	9:30	Training Fit	Fitness
9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:15	Yoga	Yoga	9:30	Training Fit	Fitness	9:15	Mantenimiento	2	10:15	Zumba	1
10:15	Ciclo - Indoor	Ciclo	10:15	Body Pump	1	9:30	Training Fit	Fitness	10:15	Body Pump	1	9:30	Training Fit	Fitness	11:15	Ciclo - Indoor	Ciclo
10:15	Aquafitness	Piscina	10:15	Aquafitness	Piscina	10:15	Ciclo - Indoor	z	10:15	Aquafitness	Piscina	10:15	Aquafitness	Piscina	13:00	Training Fit	Fitness
10:15	Zumba	1	10:15	Yoga	Yoga	10:15	Aquafitness	Piscina	10:15	Yoga	Yoga	10:15	Ciclo - Indoor	Ciclo	15:00	ABS Xpress	Fitness
11:15	Body Combat	1	11:15	Fit Ball + Stretching	1	10:15	Zumba	1	11:15	Fit Ball + Stretching	1	11:15	GAP 30'	1	17:30	Training Fit	Fitness
13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	11:15	GAP 30'	1	13:00	Training Fit	Fitness	11:45	Stretching 30'	1			
15:00	ABS Xpress	Fitness	15:00	ABS Xpress	Fitness	11:45	Stretching 30'	1	15:00	ABS Xpress	Fitness	13:15	Training Fit	Fitness			
17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	13:00	Training Fit	Fitness	17:30	Training Fit	Fitness	15:30	ABS Xpress	Fitness			
19:00	Body Combat	1	19:00	Ciclo - Indoor	Ciclo	15:00	ABS Xpress	Fitness	19:00	Ciclo - Indoor	Ciclo	17:15	Training Fit	Fitness	<b>DOMINGO 14</b>		
19:30	Glu Ten	Fitness	19:00	Body Combat	1	17:30	Training Fit	Fitness	19:00	Body Combat	1	19:00	Body Pump	1	HORA	ACTIVIDAD	SALA
20:00	Training Fit	Fitness	19:00	Yoga	Yoga	18:00	Elliptical - bike	1 y Ciclo	19:00	Yoga	Yoga	20:00	Zumba	1	11:00	Training Fit	Fitness
20:00	Zumba	1	19:30	Glu Ten	Fitness	19:00	Ciclo - Indoor	Ciclo	19:30	Glu Ten	Fitness	20:00	Ciclo - Indoor	ciclo	13:00	ABS Xpress	Fitness
21:00	Pilates	1	20:00	Pilates	2	19:00	Body Pump	1	20:00	Pilates	2	21:00	Training Fit	Fitness			
21:00	Core 10'	Fitness	20:00	Body Pump	1	19:30	Glu Ten	Fitness	20:00	Body Pump	1						
			19:45	AquaZumba	Piscina	20:00	Zumba	1	19:45	AquaZumba	Piscina						
			20:00	Training Fit	Fitness	20:00	GAP 30'	2	20:00	Training Fit	Fitness						
			21:00	GAP 30'	1	20:00	Running	Ext	21:00	GAP 30'	1						
			21:00	Ciclo - Indoor	Ciclo	20:00	Training Fit	Fitness	21:00	Ciclo - Indoor	Ciclo						
			21:15	ABS Xpress	Fitness	20:30	Ciclo - Indoor	Ciclo	21:15	ABS Xpress	Fitness						
			21:30	Stretching 30'	1	21:00	Core 10	Fitness	21:30	Stretching 30'	1						
						21:00	Pilates	1									

	Tonificación		Cuerpo / mente		Cardiovascular		Coreografía / Baile		Piscina		Alta intensidad
	Artes marciales		Múltiples capacidades físicas						Baja Intensidad		



AYUNTAMIENTO  
DE ALPEDRETE

# Horario de clases de la Ciudad Deportiva Municipal de Alpedrete



## Del 15 al 21 de Agosto 2016

LUNES 15	MARTES 16			MIÉRCOLES 17			JUEVES 18			VIERNES 19			SABADO 20		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	
	Pilates	1	9:15	Yoga	Yoga	9:15	Pilates	1	9:15	Yoga	Yoga	9:30	Training Fit	Fitness	
	Training Fit	Fitness	9:15	Mantenimiento	2	9:30	Training Fit	Fitness	9:15	Mantenimiento	2	10:15	Zumba	1	
	Sh'Bam	1	9:30	Training Fit	Fitness	10:15	Sh'Bam	1	9:30	Training Fit	Fitness	11:15	Ciclo - Indoor	Ciclo	
	Aquafitness	Piscina	10:15	Ciclo - Indoor	Ciclo	10:15	Aquafitness	Piscina	10:15	Aquafitness	Piscina	13:00	Training Fit	Fitness	
	Yoga	Yoga	10:15	Aquafitness	Piscina	10:15	Yoga	Yoga	10:15	Ciclo - Indoor	Ciclo	15:00	ABS Xpress	Fitness	
	Body Balance	1	10:15	Zumba	1	11:15	Body Balance	1	11:15	GAP 30'	1	17:30	Training Fit	Fitness	
	Training Fit	Fitness	11:15	GAP 30'	1	13:00	Training Fit	Fitness	11:45	Stretching 30'	1				
	ABS Xpress	Fitness	11:45	Stretching 30'	1	15:00	ABS Xpress	Fitness	13:15	Training Fit	Fitness				
	Training Fit	Fitness	13:00	Training Fit	Fitness	17:30	Training Fit	Fitness	15:30	ABS Xpress	Fitness				
	Body Combat	1	15:00	ABS Xpress	Fitness	19:00	Body Combat	1	17:15	Training Fit	Fitness	<b>DOMINGO 21</b>			
	Yoga	Yoga	17:30	Training Fit	Fitness	19:00	Yoga	Yoga	19:00	Body Pump	1	HORA	ACTIVIDAD	SALA	
	Training Fit	Fitness	19:00	Body Pump	1	19:15	Training Fit	Fitness	20:00	Ciclo - Indoor	Ciclo	11:00	Training Fit	Fitness	
	Running	exterior	19:30	Glu Ten	Fitness	20:00	Sh'Bam	1	20:00	Zumba	1	13:00	ABS Xpress	Fitness	
	Sh'Bam	1	20:00	Ciclo - Indoor	Ext	20:15	Ciclo - Indoor	Ciclo	21:00	Training Fit	Fitness				
	Ciclo - Indoor	Ciclo	20:00	Training Fit	Fitness	21:15	ABS Xpress	Fitness							
	ABS Xpress	Fitness	21:00	Core 10	Fitness										

Fiesta

	Tonificación		Cuerpo / mente		Cardiovascular		Coreografía / Baile		Piscina		Alta intensidad
	Artes marciales		Baja Intensidad								



AYUNTAMIENTO  
DE ALPEDRETE

# Horario de clases de la Ciudad Deportiva Municipal de Alpedrete



## Del 22 al 28 de Agosto 2016

LUNES			22			MARTES			23			MIÉRCOLES			24			JUEVES			25			VIERNES			26			SABADO			27		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA						
9:15	Mantenimiento	2	9:15	Pilates	1	9:15	Yoga	Yoga	9:15	Pilates	1	9:15	Yoga	Yoga	9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:15	Mantenimiento	2	10:15	Zumba	1	9:30	Training Fit	Fitness	11:15	Ciclo - Indoor	Ciclo			
9:30	Training Fit	Fitness	9:30	Training Fit	Fitness	9:15	Mantenimiento	2	9:30	Training Fit	Fitness	9:30	Sh'Bam	1	9:30	Training Fit	Fitness	10:15	Sh'Bam	1	9:30	Training Fit	Fitness	10:15	Aquafitness	Piscina	13:00	Training Fit	Fitness	15:00	ABS Xpress	Fitness			
10:15	Ciclo - Indoor	Ciclo	10:15	Sh'Bam	1	9:30	Training Fit	Fitness	10:15	Ciclo - Indoor	Ciclo	10:15	Aquafitness	Piscina	10:15	Aquafitness	Piscina	10:15	Yoga	Yoga	10:15	Ciclo - Indoor	Ciclo	10:15	Aquafitness	Piscina	13:00	Training Fit	Fitness	17:30	Training Fit	Fitness			
10:15	Aquafitness	Piscina	10:15	Aquafitness	Piscina	10:15	Ciclo - Indoor	Ciclo	10:15	Aquafitness	Piscina	10:15	Yoga	Yoga	10:15	Yoga	Yoga	10:15	Yoga	Yoga	10:15	Ciclo - Indoor	Ciclo	10:15	Aquafitness	Piscina	13:00	Training Fit	Fitness	17:30	Training Fit	Fitness			
10:15	Zumba	1	10:15	Yoga	Yoga	10:15	Aquafitness	Piscina	10:15	Yoga	Yoga	10:15	Yoga	Yoga	10:15	Ciclo - Indoor	Ciclo	10:15	Yoga	Yoga	10:15	Ciclo - Indoor	Ciclo	10:15	Aquafitness	Piscina	13:00	Training Fit	Fitness	17:30	Training Fit	Fitness			
11:15	Body Combat	1	11:15	Body Balance	1	10:15	Zumba	1	11:15	Body Balance	1	11:15	Body Balance	1	11:15	GAP 30'	1	11:15	Body Balance	1	11:15	GAP 30'	1	11:15	GAP 30'	1	11:45	Stretching 30'	1						
13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	11:15	Body Combat	1	13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	13:15	Training Fit	Fitness	13:15	Training Fit	Fitness						
15:00	ABS Xpress	Fitness	15:00	ABS Xpress	Fitness	13:00	Training Fit	Fitness	15:00	ABS Xpress	Fitness	15:00	ABS Xpress	Fitness	15:00	ABS Xpress	Fitness	15:00	ABS Xpress	Fitness	15:00	ABS Xpress	Fitness	15:30	ABS Xpress	Fitness	15:30	ABS Xpress	Fitness						
17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	15:00	ABS Xpress	Fitness	17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	17:30	Training Fit	Fitness						
18:00	Elliptical Bike	1 y Ciclo	19:00	Body Pump	1	17:30	Training Fit	Fitness	19:00	Body Pump	1	19:00	Body Pump	1	17:15	Training Fit	Fitness	19:00	Body Pump	1	19:00	Body Pump	1	17:15	Training Fit	Fitness	19:00	Body Pump	1	<b>DOMINGO 28</b>					
19:00	Body Pump	1	19:00	Yoga	Yoga	18:00	Elliptical Bike	1 y Ciclo	19:00	Yoga	Yoga	19:00	Yoga	Yoga	19:00	Body Pump	1	19:00	Yoga	Yoga	19:00	Body Pump	1	19:00	Body Pump	1	19:00	Body Pump	1	HORA	ACTIVIDAD	SALA			
19:30	Glu Ten	Fitness	19:15	Training Fit	Fitness	19:00	Body Pump	1	19:15	Training Fit	Fitness	19:00	Body Pump	1	19:15	Training Fit	Fitness	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	11:00	Training Fit	Fitness						
20:00	Zumba	1	20:00	Ciclo - Indoor	Ciclo	19:30	Glu Ten	Fitness	20:00	Sh'Bam	1	20:00	Sh'Bam	1	20:00	Zumba	1	20:00	Sh'Bam	1	20:00	Zumba	1	20:00	Zumba	1	13:00	ABS Xpress	Fitness						
20:00	Ciclo - Indoor	Ciclo	20:00	Sh'Bam	1	20:00	Zumba	1	20:00	Zumba	1	19:45	AquaZumba	Piscina	21:00	Training Fit	Fitness	20:00	Zumba	1	19:45	AquaZumba	Piscina	21:00	Training Fit	Fitness									
20:00	Training Fit	Fitness	19:45	AquaZumba	Piscina	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Training Fit	Fitness	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo									
21:00	Pilates	1	21:00	Ciclo - Indoor	Ciclo	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness									
21:00	Core 10'	Fitness	21:15	ABS Xpress	Fitness	21:00	Pilates	1	21:00	ABS Xpress	Fitness	21:00	Pilates	1	21:00	Pilates	1	21:00	Pilates	1	21:00	Pilates	1	21:00	Pilates	1									
			21:15	ABS Xpress	Fitness	21:00	Core 10'	Fitness	21:00	Core 10'	Fitness	21:00	Core 10'	Fitness																					

	Tonificación		Cuerpo / mente		Cardiovascular		Coreografía / Baile		Piscina		Alta intensidad
	Artes marciales		Baja Intensidad								