

Ciudad Deportiva Municipal Alpedrete

Horario de Clases Enero 2017

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	Mantenimiento	1	9:15	Body Pump	1	9:15	Mantenimiento	1	9:15	Body Pump	1	9:15	Body Pump	1	10:00	Eliptica Bike Virtual	Fitness
						9:15	Yoga	4				9:15	Yoga	4	10:15	GAP	Ciclo
9:15	Pilates	5	9:30	Pilates	2	9:15	Pilates	5	9:30	Pilates	2	9:15	Pilates	5	10:30	Training Fit	Fitness
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	11:15	Aquafitness	Piscina
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	11:30	Ciclo - Virtual	Ciclo
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	12:00	Eliptica Bike Virtual	Fitness
10:15	Zumba	1	10:15	Sh'Bam	1	10:15	Zumba	1	10:15	Sh'Bam	1	10:15	Zumba	1	13:00	Abdominales	Fitness
			10:15	Yoga	4				10:15	Yoga	4				14:30	Ciclo - Virtual	Ciclo
10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	16:30	Ciclo - Virtual	Ciclo
11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina				18:30	Training Fit	Fitness
11:15	Body Pump	1	11:15	Body Balance	1	11:15	Body Pump	1	11:15	Body Balance	1	11:15	Fit-Ball Tone	1	19:00	Ciclo - Virtual	Ciclo
11:15	Stretching	Fitness	11:15	Abdominales	Fitness	11:15	Stretching	Fitness	11:15	Abdominales	Fitness	11:15	Stretching	Fitness	19:30	ABDS Xpress	Fitness
11:15	R. Postural	4				11:15	R. Postural	4									
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			
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			
14:15	GAP	1				14:15	GAP	1									
14:30	Training Fit	Fitness	14:30	Training Fit	Fitness	14:30	Training Fit	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									
			17:30	Ciclo - Virtual	Ciclo				17:30	Ciclo - Virtual	Ciclo						
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	Body Balance	1				18:00	Body Balance	1				18:00	Zumba	1			
18:45	AquaSalud	Piscina				18:45	AquaSalud	Piscina									
19:00	Ciclo - Indoor	Ciclo	19:00	Ciclo - Indoor	Ciclo	19:00	Ciclo - Indoor	Ciclo	19:00	Ciclo - Indoor	Ciclo	19:00	Ciclo - Indoor	Ciclo			
19:00	Body Pump	1	19:00	Body Combat	1	19:00	Body Pump	1	19:00	Body Combat	Fitness	19:00	Pilates	1			
19:00	Fit-Ball Tone	2	19:00	Hipopresivos	2	19:00	Fit-Ball Tone	2	19:00	Hipopresivos	2						
			19:00	Yoga	4	19:00	Yoga-Terapia	4	19:00	Yoga	4						
19:00	Abdominales	Fitness				19:00	Abdominales	Fitness				19:00	Abdominales	Fitness			
19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina	19:30	AquaFitness	Piscina			
20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Ciclo - Indoor	Ciclo			
20:00	Zumba	1	20:00	Body Pump	1	20:00	Zumba	1	20:00	Body Pump	1	20:00	Body Pump	1			
			20:00	Pilates	2				20:00	Pilates	2						
20:00	Stretching	Fitness	20:00	Stretching	Fitness	20:00	Stretching	Fitness	20:00	Stretching	Fitness	20:00	Stretching	Fitness			
			20:15	AquaZumba	Piscina				20:15	AquaZumba	Piscina						
21:00	Pilates	1	21:00	Sh'Bam	1	21:00	Pilates	1	21:00	Sh'Bam	1						
21:00	GAP	2	21:00	HIIT	2	21:00	GAP	2	21:00	HIIT	2						
21:00	Club Running	Ext.	21:00	Aikido	Tatami				21:00	Aikido	Tatami						

DOMINGO		
HORA	ACTIVIDAD	SALA
10:15	Ciclo - Virtual	Ciclo
11:30	Training Fit	Fitness
12:00	Eliptica Bike Virtual	Fitness
13:00	Ciclo - Virtual	Ciclo

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