



# Ciudad Deportiva Municipal Alpedrete

## Horario de Clases Octubre 2016



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	Body Pump	1	9:15	Ciclo - Virtual	Ciclo	9:15	Body Combat	1	9:15	Body Pump	1	9:15	Ciclo - Virtual	Ciclo
9:15	Mantenimiento	2	9:15	Pilates	2	9:15	Mantenimiento	2	9:15	Pilates	2	9:15	Pilates	2	9:30	Training Fit	Fitness
9:15	Pilates	1	9:30	Training Fit	Fitness	9:15	Pilates	1	9:30	Training Fit	Fitness	9:15	Yoga	4	10:15	Aeróbica/Baile	1
9:30	Training Fit	Fitness	10:15	Ciclo - Indoor	Ciclo	9:15	Yoga	4	10:15	Ciclo - Indoor	Ciclo	9:30	Training Fit	Fitness	10:30	Stretching 20'	Fitness
10:15	Ciclo - Indoor	Ciclo	10:15	Sh'Bam	1	9:30	Training Fit	Fitness	10:15	Sh'Bam	1	10:15	AquaSalud	Piscina	11:15	Aquafitness	Piscina
10:15	AquaSalud	Piscina	10:15	AquaFitness	Piscina	10:15	Ciclo - Indoor	Ciclo	10:15	AquaFitness	Piscina	10:15	Ciclo - Indoor	Ciclo	11:15	Tonificación	1
10:15	Zumba	1	10:15	Yoga	4	10:15	AquaSalud	Piscina	10:15	Yoga	4	10:15	Zumba	1	11:30	Training Fit	Fitness
10:30	Stretching	Fitness	10:30	Stretching	Fitness	10:15	Zumba	1	10:30	ABDS Xpress	Fitness	11:00	AquaFitness	Piscina	13:00	ABDS Xpress	Fitness
11:00	AquaFitness	Piscina	11:00	AquaSalud	Piscina	10:30	ABDS Xpress	Fitness	11:00	AquaSalud	Piscina	11:30	ABDS Xpress	Fitness	14:30	Ciclo - Virtual	Ciclo
11:15	R. Postural	4	11:15	Body Balance	1	11:00	AquaFitness	Piscina	11:15	Body Balance	1	11:30	Ciclo - Virtual	Ciclo	16:30	Ciclo - Virtual	Ciclo
11:15	Body Pump	1	11:30	ABDS Xpress	Fitness	11:15	Body Pump	1	11:30	Ciclo - Virtual	Ciclo	11:30	GAP	1	17:30	Training Fit	Fitness
11:30	ABDS Xpress	Fitness	11:30	Ciclo - Virtual	Ciclo	11:15	R. Postural	4	13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	18:30	Ciclo - Virtual	Ciclo
11:30	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	11:30	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	19:30	ABDS Xpress	Fitness
13:00	Training Fit	Fitness	14:00	ABDS Xpress	Fitness	13:00	Training Fit	Fitness	14:00	ABDS Xpress	Fitness	14:30	Ciclo - Indoor	Ciclo			
13:00	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	16:30	Ciclo - Virtual	Ciclo			
14:30	ABDS Xpress	Fitness	17:30	Training Fit	Fitness	14:30	ABDS Xpress	Fitness	17:30	Training Fit	Fitness	18:30	Ciclo - Indoor	Ciclo	<b>DOMINGO</b>		
14:30	Ciclo - Virtual	Ciclo	17:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Indoor	Ciclo	17:30	Ciclo - Virtual	Ciclo	18:30	Zumba	1	HORA	ACTIVIDAD	SALA
16:30	Ciclo - Virtual	Ciclo	18:00	Body Combat	1	16:30	Ciclo - Virtual	Ciclo	18:00	Aerodance	1	18:45	AquaFitness	Piscina	10:15	Ciclo - Virtual	Ciclo
17:30	Training Fit	Fitness	19:00	Core	Fitness	17:30	Training Fit	Fitness	18:30	Training Fit	Fitness	19:30	Body Pump	1	11:30	Training Fit	Fitness
18:00	FIT-Step	1	19:00	Yoga	4	18:00	Fit-Ball Tone	2	19:00	Body Pump	1	19:30	AquaSalud	Piscina	12:15	Ciclo - Virtual	Ciclo
18:00	Ciclo - Indoor	Ciclo	19:00	HIT	2	18:15	Ciclo - Indoor	Ciclo	19:00	Ciclo - Virtual	Ciclo	19:30	Pilates	2			
18:30	GAP	2	19:00	Aerodance	1	18:30	Core 20'	Fitness	19:00	Yoga	4	20:30	HIT	1			
18:45	AquaFitness	Piscina	19:00	Ciclo - Indoor	Ciclo	18:45	AquaFitness	Piscina	19:00	Fit-Ball Tone	2	20:30	Ciclo - Indoor	Ciclo			
19:00	Training Fit	Fitness	19:30	AquaFitness	Piscina	19:00	Yoga	4	19:30	AquaFitness	Piscina	21:00	ABDS Xpress	Fitness			
19:00	Ciclo - Indoor	Ciclo	19:30	Training Fit	Fitness	19:00	Ciclo - Indoor	Ciclo	20:00	Sh'Bam	1						
19:00	Body Pump	1	20:00	Ciclo - Indoor	Ciclo	19:00	Body Pump	1	20:00	Ciclo - Indoor	Ciclo						
19:30	AquaSalud	Piscina	20:00	Sh'Bam	1	19:00	HIT	2	20:00	Pilates	2						
19:30	Core	Fitness	20:00	Pilates	2	19:30	AquaSalud	Piscina	20:00	ABDS Xpress	Fitness						
19:30	HIT	2	20:00	ABDS Xpress		19:30	Stretching	Fitness	20:15	AquaZumba	Piscina						
20:00	Ciclo - Indoor	Ciclo	20:15	AquaZumba	Piscina	20:00	Ciclo - Indoor	Ciclo	21:00	Ciclo - Indoor	Ciclo						
20:00	Stretching	Fitness	20:30	Stretching	Fitness	20:00	Zumba	1	21:00	Aikido	Tatami						
20:00	Zumba	1	21:00	Ciclo - Indoor	Ciclo	20:00	Pilates	2	21:00	Body Combat	1						
20:30	ABDS Xpress	Fitness	21:00	Body Pump	1	20:00	ABDS Xpress	Fitness	21:00	Body Balance	2						
20:30	Pilates	2	21:00	Aikido	Tatami	21:00	Ciclo - Indoor	Ciclo									
21:00	Ciclo - Indoor	Ciclo	21:00	GAP	2	21:00	FIT-Step	1									
21:00	Body Combat	1															

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