

# Ciudad Deportiva Municipal Alpedrete

## Horario de Clases del 1 al 25 Diciembre 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	1	9:15	Pilates	2	9:15	Pilates	5	9:15	Pilates	2	9:15	Pilates	5	9:30	Training Fit	Fitness
9:15	Pilates	5	9:30	Training Fit	Fitness	9:15	Mantenimiento	1	9:30	Training Fit	Fitness	9:15	Yoga	4	10:00	Eliptica Bike Virtual	Fitness
9:30	Training Fit	Fitness	10:00	Eliptica Bike Virtual	Fitness	9:15	Yoga	4	10:00	Eliptica Bike Virtual	Fitness	9:30	Training Fit	Fitness	10:15	GAP	1
10:00	Eliptica Bike Virtual	Fitness	10:15	Ciclo - Indoor	Ciclo	9:30	Training Fit	Fitness	10:15	Ciclo - Indoor	Ciclo	10:00	Eliptica Bike Virtual	Fitness	10:30	Stretching	Fitness
10:15	Ciclo - Indoor	Ciclo	10:15	Sh'Bam	1	10:00	Eliptica Bike Virtual	Fitness	10:15	Sh'Bam	1	10:15	Ciclo - Indoor	Ciclo	11:15	Ciclo - Virtual	Ciclo
10:15	AquaFitness	Piscina	10:15	Yoga	4	10:15	Ciclo - Indoor	Ciclo	10:15	Yoga	4	10:15	AquaFitness	Piscina	11:15	AquaFitness	Piscina
10:15	Zumba	1	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	AquaFitness	Piscina	10:15	Zumba	1	11:30	Training Fit	Fitness
10:30	ABDS Xpress	Fitness	10:30	Stretching	Fitness	10:15	Zumba	1	10:30	Stretching	Fitness	10:30	ABDS Xpress	Fitness	12:00	Eliptica Bike Virtual	Fitness
11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	10:30	ABDS Xpress	Fitness	11:00	AquaSalud	Piscina	11:00	AquaSalud	Piscina	13:00	ABDS Xpress	Fitness
11:15	R. Postural	4	11:15	Body Balance	1	11:00	AquaSalud	Piscina	11:15	Body Balance	1	11:15	GAP	1	14:30	Ciclo - Virtual	Ciclo
11:15	Body Pump	1	11:30	Ciclo - Virtual	Ciclo	11:15	Body Pump	1	11:30	Ciclo - Virtual	Ciclo	11:30	Stretching	Fitness	16:30	Ciclo - Virtual	Ciclo
11:30	Ciclo - Virtual	Ciclo	11:30	ABDS Xpress	Fitness	11:15	R. Postural	4	11:30	ABDS Xpress	Fitness	11:30	Ciclo - Virtual	Ciclo	17:30	Training Fit	Fitness
11:30	Stretching	Fitness	12:00	Eliptica Bike Virtual	Fitness	11:30	Ciclo - Virtual	Ciclo	12:00	Eliptica Bike Virtual	Fitness	12:00	Eliptica Bike Virtual	Fitness	18:30	Ciclo - Virtual	Ciclo
12:00	Eliptica Bike Virtual	Fitness	13:00	Training Fit	Fitness	11:30	Stretching	Fitness	13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	19:30	ABDS Xpress	Fitness
13:00	Training Fit	Fitness	13:00	Ciclo - Virtual	Ciclo	12:00	Eliptica Bike Virtual	Fitness	13:00	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo			
13:00	Ciclo - Virtual	Ciclo	14:15	Eliptica Bike Virtual	Fitness	13:00	Training Fit	Fitness	14:15	Eliptica Bike Virtual	Fitness	14:15	Eliptica Bike Virtual	Fitness			
14:15	Eliptica Bike Virtual	Fitness	14:30	Ciclo - Virtual	Ciclo	13:00	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo			
14:30	Ciclo - Virtual	Ciclo	17:30	Training Fit	Fitness	14:15	Eliptica Bike Virtual	Fitness	17:30	Training Fit	Fitness	17:30	Training Fit	Fitness			
16:30	Ciclo - Virtual	Ciclo	17:30	Ciclo - Virtual	Ciclo	14:30	Ciclo - Virtual	Ciclo	17:30	Ciclo - Virtual	Ciclo	18:00	Zumba	1			
17:30	Training Fit	Fitness	18:00	Body Combat	1	16:30	Ciclo - Virtual	Ciclo	18:00	Body Combat	1	19:00	ABDS Xpress	Fitness	10:15	Ciclo - Virtual	Ciclo
18:00	Body Combat	1	19:00	Yoga	4	17:30	Training Fit	Fitness	19:00	Ciclo - Indoor	Ciclo	19:00	Pilates	1	11:30	Training Fit	Fitness
18:00	Pilates	2	19:00	Core	Fitness	18:00	Body Combat	1	19:00	Core	Fitness	19:00	Ciclo - Virtual	Ciclo	12:00	Eliptica Bike Virtual	Fitness
18:45	AquaFitness	Piscina	19:00	Fit-Ball Tone	2	18:00	Pilates	2	19:00	Aerodance	1	19:30	AquaFitness	Piscina	13:00	Ciclo - Virtual	Ciclo
19:00	ABDS Xpress	Fitness	19:00	Aerodance	1	18:45	AquaFitness	Piscina	19:00	Fit-Ball Tone	2	19:30	Stretching	Fitness			
19:00	HIT	2	19:00	Ciclo - Indoor	Ciclo	19:00	ABDS Xpress	Fitness	19:00	Yoga	4	20:00	Body Pump	1			
19:00	Ciclo - Indoor	Ciclo	19:30	AquaFitness	Piscina	19:00	HIT	2	19:30	AquaFitness	Piscina	20:00	Ciclo - Indoor 90'	Ciclo			
19:00	Body Pump	1	19:30	Stretching	Fitness	19:00	Ciclo - Indoor	Ciclo	19:30	Stretching	Fitness	21:00	Zumba	1			
19:30	AquaSalud	Piscina	20:00	Body Pump	1	19:00	Body Pump	1	20:00	Body Pump	1	21:00	ABDS Xpress	Fitness			
19:30	Stretching	Fitness	20:00	Pilates	2	19:00	Yoga Terapia	4	20:00	Pilates	2						
20:00	GAP	2	20:00	Ciclo - Indoor	Ciclo	19:30	AquaSalud	Piscina	20:00	Ciclo - Indoor 90'	Ciclo						
20:00	Zumba	1	20:15	AquaZumba	Piscina	19:30	Stretching	Fitness	20:15	AquaZumba	Piscina						
20:00	Ciclo - Indoor	Ciclo	20:30	ABDS Xpress	Fitness	20:00	Zumba	1	20:30	ABDS Xpress	Fitness						
20:30	ABDS Xpress	Fitness	21:00	Sh'Bam	1	20:00	GAP	2	21:00	Sh'Bam	1						
21:00	Club Running	Ext.	21:00	Aikido	Tatami	20:00	Ciclo - Indoor	Ciclo	21:00	Aikido	Tatami						
21:00	Pilates	2	21:00	GAP	2	20:30	ABDS Xpress	Fitness	21:00	GAP	2						
21:00	Fit-Step	1				21:00	Pilates	2									
						21:00	Fit-Step	1									

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