



Ciudad Deportiva Municipal Alpedrete

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

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

