



Horario de clases de la Ciudad Deportiva Municipal de Alpedrete

Del 1 al 4 sept 2016



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

	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 5 al 18 de Setiembre 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	Mantenimiento	1	9:15	Pilates	1	9:15	Mantenimiento	1	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	1	10:15	Shaban	1	
10:15	Ciclo - Indoor	Ciclo	10:15	Elliptical Bike	Ciclo	9:30	Training Fit	Fitness	10:15	Elliptical Bike	Ciclo	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	10:15	Shaban	1	10:15	Zumba	1	10:15	Shaban	1	10:15	Zumba	1	17:30	Training Fit	Fitness	
11:15	R Postural	yoga	11:15	Bodybalance	1	11:15	GAP 30'	1	11:15	Bodybalance	1	11:15	Pilates	1				
13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	11:15	R Postural	yoga	13:00	Training Fit	Fitness	13:15	Training Fit	Fitness				
15:00	ABS Xpress	Fitness	15:00	ABS Xpress	Fitness	11:45	Stretching 30'	1	15:00	ABS Xpress	Fitness	15:30	ABS Xpress	Fitness				
17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	13:00	Training Fit	Fitness	17:30	Training Fit	Fitness	17:15	Training Fit	Fitness				
19:00	Body Pump	1	19:00	Body Combat	1	15:00	ABS Xpress	Fitness	19:00	Body Combat	1	19:00	Body Pump	1				
19:30	Glu Ten	Fitness	19:00	Yoga	Yoga	17:30	Training Fit	Fitness	19:00	Yoga	Yoga	20:00	Zumba	1				
20:00	Training Fit	Fitness	19:30	Glu Ten	Fitness	18:00	Mix Training	1 y Ciclo	19:30	Glu Ten	Fitness	20:00	GLUTEN	Fitness				
20:00	Zumba	1	19:45	AquaZumba	Piscina	19:00	Body Pump	1	19:45	AquaZumba	Piscina	20:30	Ciclo - Indoor	ciclo				
20:30	Ciclo - Indoor	ciclo	20:00	Shaban	2	19:30	Glu Ten	Fitness	20:00	Shaban	2	21:00	Training Fit	Fitness				
21:00	Pilates	1	20:00	Body Pump	1	20:00	Zumba	1	20:00	Body Pump	1							
21:00	Core 10'	Fitness	20:00	Ciclo - Indoor	Ciclo	20:00	BOSU	2	20:00	Ciclo - Indoor	Ciclo							
			20:00	Training Fit	Fitness	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness							
			21:00	Pilates	1	20:30	Ciclo - Indoor	Ciclo	21:00	Pilates	1							
			21:00	Ciclo - Indoor	Ciclo	21:00	Core 10	Fitness	21:00	Ciclo - Indoor	Ciclo							
			21:15	ABS Xpress	Fitness	21:00	Pilates	1	21:15	ABS Xpress	Fitness							

DOMINGO		
HORA	ACTIVIDAD	SALA
11:00	Training Fit	Fitness
13:00	ABS Xpress	Fitness

	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 19 al 30 de Septiembre 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	Mantenimiento	1	9:15	Pilates	1	9:15	Mantenimiento	1	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	1	10:15	Shaban	1
10:15	Elliptical Bike	Ciclo	10:15	Elliptical Bike	Ciclo	9:30	Training Fit	Fitness	10:15	Elliptical Bike	Ciclo	9:30	Training Fit	Fitness	11:15	Ciclo - Indoor	Ciclo
10:15	Aquafitness	Piscina	10:15	Aquafitness	Piscina	10:15	Elliptical Bike	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	Elliptical Bike	Ciclo	15:00	ABS Xpress	Fitness
11:15	Body Combat	1	10:15	Shaban	1	10:15	Zumba	1	10:15	Shaban	1	10:15	Zumba	1	17:30	Training Fit	Fitness
11:15	R Postural	yoga	11:15	Bodybalance	1	11:15	GAP 30'	1	11:15	Bodybalance	1	11:15	Pilates	1			
13:00	Training Fit	Fitness	13:00	Training Fit	Fitness	11:15	R Postural	yoga	13:00	Training Fit	Fitness	13:15	Training Fit	Fitness			
15:00	ABS Xpress	Fitness	15:00	ABS Xpress	Fitness	11:45	Stretching 30'	1	15:00	ABS Xpress	Fitness	15:30	ABS Xpress	Fitness			
17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	13:00	Training Fit	Fitness	17:30	Training Fit	Fitness	17:15	Training Fit	Fitness			
19:00	Body Pum	1	19:00	Body Pum	1	15:00	ABS Xpress	Fitness	19:00	Body Pum	1	19:00	Body Pum	1	DOMINGO		
19:30	Glu Ten	Fitness	19:00	Yoga	Yoga	17:30	Training Fit	Fitness	19:00	Yoga	Yoga	20:00	Zumba	1	11:00	Training Fit	Fitness
20:00	Training Fit	Fitness	19:30	Glu Ten	Fitness	19:00	Body Pum	1	19:30	Glu Ten	Fitness	20:00	GLUTEN	ciclo	13:00	ABS Xpress	Fitness
20:00	Zumba	1	20:00	Shaban	2	19:30	Glu Ten	Fitness	20:00	Shaban	2	20:30	Ciclo - Indoor	ciclo			
20:30	Ciclo - Indoor	ciclo	20:00	Ciclo - Indoor	Ciclo	20:00	Zumba	1	20:00	Ciclo - Indoor	Ciclo	21:00	Training Fit	Fitness			
21:00	Pilates	1	19:45	AquaZumba	Piscina	20:00	Training Fit	Fitness	19:45	AquaZumba	Piscina						
21:00	Core 10'	Fitness	20:00	Training Fit	Fitness	20:30	Ciclo - Indoor	Ciclo	20:00	Training Fit	Fitness						
			21:00	Pilates	1	21:00	Core 10	Fitness	21:00	Pilates	1						
			21:00	Zumba	Ciclo	21:00	Pilates	1	21:00	Zumba	Ciclo						
			21:15	ABS Xpress	Fitness	21:00	ABS Xpress	Fitness	21:15	ABS Xpress	Fitness						

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