



AYUNTAMIENTO
DE ALPEDRETE

Horario de clases de la Ciudad Deportiva Municipal de Alpedrete



Del 4 al 10 Julio 2016

| LUNES 4 | | | MARTES 5 | | | MIÉRCOLES 6 | | | JUEVES 7 | | | VIERNES 8 | | | SABADO 9 | | |
|---------|-----------------|-----------|----------|----------------|---------|-------------|--------------------|-----------|----------|----------------|----------------|-----------|----------------|---------|-------------------|----------------|---------|
| 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 | Yoga | Yoga | 9:15 | Pilates | 1 | 9:15 | Mantenimiento | 1 | 9:30 | Training Fit | Fitness |
| 9:15 | Pilates | 2 | 9:30 | Training Fit | Fitness | 9:15 | Mantenimiento | 1 | 9:30 | Training Fit | Fitness | 9:15 | Yoga | Yoga | 10:15 | Zumba | 1 |
| 9:30 | Training Fit | Fitness | 10:15 | Body Pump | 1 | 9:15 | Pilates | 2 | 10:15 | Body Pump | 1 | 9:30 | Training Fit | Fitness | 11:15 | Ciclo - Indoor | Ciclo |
| 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Aquafitness | Piscina | 9:30 | Training Fit | Fitness | 10:15 | Aquafitness | Piscina | 10:15 | Aquafitness | Piscina | 13:00 | Training Fit | Fitness |
| 10:15 | Aquafitness | Piscina | 10:15 | Yoga | Yoga | 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Yoga | Yoga | 10:15 | Ciclo - Indoor | Ciclo | 15:00 | ABS Xpress | Fitness |
| 10:15 | Zumba | 1 | 11:15 | GAP 30' | 1 | 10:15 | Aquafitness | Piscina | 11:15 | GAP 30' | 1 | 11:15 | GAP 30' | 1 | 17:30 | Training Fit | Fitness |
| 11:15 | R. Postural | Yoga | 11:45 | Stretching 30' | 1 | 10:15 | Zumba | 1 | 11:45 | Stretching 30' | 1 | 11:45 | Stretching 30' | 1 | | | |
| 11:15 | Body Combat | 1 | 13:00 | Training Fit | Fitness | 11:15 | R. Postural | Yoga | 13:00 | Training Fit | Fitness | 13:15 | Training Fit | Fitness | | | |
| 13:00 | Training Fit | Fitness | 15:00 | ABS Xpress | Fitness | 11:15 | GAP 30' | 1 | 15:00 | ABS Xpress | Fitness | 15:30 | ABS Xpress | Fitness | | | |
| 14:30 | Ciclo - Indoor | Ciclo | 18:15 | Training Fit | Fitness | 11:45 | Stretching 30' | 1 | 18:15 | Training Fit | Fitness | 17:15 | Training Fit | Fitness | DOMINGO 10 | | |
| 15:00 | ABS Xpress | Fitness | 19:00 | Ciclo - Indoor | Ciclo | 13:00 | Training Fit | Fitness | 19:00 | Ciclo - Indoor | Ciclo | 18:00 | GAP | 1 | HORA | ACTIVIDAD | SALA |
| 17:30 | Training Fit | Fitness | 19:00 | Body Combat | 1 | 14:30 | Ciclo - Indoor | Ciclo | 19:00 | Body Combat | 1 | | | | 11:00 | Training Fit | Fitness |
| 18:00 | Mix Training | 1 y Ciclo | 19:00 | Yoga | Yoga | 15:00 | ABS Xpress | Fitness | 19:00 | Yoga | Yoga | | | | 13:00 | ABS Xpress | Fitness |
| 19:00 | Ciclo - Indoor | Ciclo | 19:30 | Aquafitness | Piscina | 17:30 | Training Fit | Fitness | 19:30 | Aquafitness | Piscina | | | | | | |
| 19:00 | Body Pump | 1 | 20:00 | Pilates | 2 | 18:00 | Mix Training | 1 y Ciclo | 19:30 | | Ext Piscina | 19:00 | Body Pump | 1 | | | |
| 19:30 | Glu Ten | Fitness | 20:00 | Body Pump | 1 | 19:00 | Ciclo - Indoor 50' | Ciclo | | | | | 20:00 | Zumba | 1 | | |
| 20:00 | Training Fit | Fitness | 20:00 | AquaZumba | Piscina | 19:00 | Body Pump | 1 | 20:00 | Pilates | 2 | 20:00 | Training Fit | Fitness | | | |
| 20:00 | Zumba | 1 | 21:00 | GAP 30' | 1 | 19:00 | Yoga Terapia | Yoga | 20:00 | Body Pump | 1 | 20:30 | Stretching 30' | 2 | | | |
| 20:00 | GAP 30' | 2 | 21:00 | Ciclo - Indoor | Ciclo | 19:30 | Glu Ten | Fitness | 20:00 | AquaZumba | Piscina | 21:00 | Pilates | 1 | | | |
| 20:00 | Sports Training | Ext | 20:30 | ABS Xpress | Fitness | 20:00 | Training Fit | Fitness | 20:00 | GAP 30' | 1 | 21:30 | ABS Xpress | Fitness | | | |
| 20:30 | Ciclo - Indoor | Ciclo | 21:30 | Stretching 30' | 1 | 20:00 | Sports Training | Ext | 21:00 | Ciclo - Indoor | Ciclo | | | | | | |
| 21:00 | Pilates | 1 | | | | 20:00 | GAP 30' | 2 | 21:00 | Ciclo - Indoor | Ciclo | | | | | | |
| 21:00 | Core 10' | Fitness | | | | 20:00 | Zumba | 1 | 20:30 | ABS Xpress | Fitness | | | | | | |
| | | | | | | 20:30 | Ciclo - Indoor | Ciclo | 21:30 | Stretching 30' | 1 | | | | | | |
| | | | | | | 21:00 | Pilates | 1 | | | | | | | | | |
| | | | | | | 21:00 | Core 10' | Fitness | | | | | | | | | |

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|--|-----------------|--|-------------------------------|--|-----------------|--|---------------------|--|---------|--|-----------------|
| | 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 11 al 17 Julio 2016



| LUNES 11 | | | MARTES 12 | | | MIÉRCOLES 13 | | | JUEVES 14 | | | VIERNES 15 | | | SABADO 16 | | | | |
|----------|----------------|-----------|-----------|----------------|---------|--------------|----------------|-----------|-----------|----------------|-------------|------------|------------------------|--------------|-------------------|----------------|---------|--|--|
| 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 | Mantenimiento | 1 | 9:30 | Training Fit | Fitness | | |
| 9:15 | Pilates | 2 | 9:30 | Training Fit | Fitness | 9:15 | Pilates | 2 | 9:30 | Training Fit | Fitness | 9:30 | Training Fit | Fitness | 10:15 | Zumba | 1 | | |
| 9:30 | Training Fit | Fitness | 10:15 | Body Pump | 1 | 9:30 | Training Fit | Fitness | 10:15 | Body Pump | 1 | 10:15 | Aquafitness | Piscina | 11:15 | Ciclo - Indoor | Ciclo | | |
| 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Aquafitness | Piscina | 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Aquafitness | Piscina | 10:15 | Ciclo - Indoor | Ciclo | 13:00 | Training Fit | Fitness | | |
| 10:15 | Aquafitness | Piscina | 11:15 | GAP 30' | 1 | 10:15 | Aquafitness | Piscina | 11:15 | GAP 30' | 1 | 11:15 | GAP 30' | 1 | 15:00 | ABS Xpress | Fitness | | |
| 10:15 | Zumba | 1 | 11:45 | Stretching 30' | 1 | 10:15 | Zumba | 1 | 11:45 | Stretching 30' | 1 | 11:45 | Stretching 30' | 1 | 17:30 | Training Fit | Fitness | | |
| 11:15 | R. Postural | Yoga | 13:00 | Training Fit | Fitness | 11:15 | R. Postural | Yoga | 13:00 | Training Fit | Fitness | 13:15 | Training Fit | Fitness | | | | | |
| 11:15 | Body Combat | 1 | 15:00 | ABS Xpress | Fitness | 11:15 | GAP 30' | 1 | 15:00 | ABS Xpress | Fitness | 15:30 | ABS Xpress | Fitness | | | | | |
| 13:00 | Training Fit | Fitness | 17:30 | Training Fit | Fitness | 11:45 | Stretching 30' | 1 | 17:30 | Training Fit | Fitness | 17:15 | Training Fit | Fitness | | | | | |
| 14:30 | Ciclo - Indoor | Ciclo | 19:00 | Ciclo - Indoor | Ciclo | 13:00 | Training Fit | Fitness | 19:00 | Ciclo - Indoor | Ciclo | 18:00 | GAP | 1 | DOMINGO 17 | | | | |
| 15:00 | ABS Xpress | Fitness | 19:00 | Body Combat | 1 | 14:30 | Ciclo - Indoor | Ciclo | 19:00 | Body Combat | 1 | 19:00 | Ciclo 90 Indoor 90 min | Ciclo | HORA | ACTIVIDAD | SALA | | |
| 17:30 | Training Fit | Fitness | 19:00 | Yoga | Yoga | 15:00 | ABS Xpress | Fitness | 19:00 | Yoga | Yoga | 11:00 | | Training Fit | Fitness | | | | |
| 18:00 | Mix Training | 1 y Ciclo | 19:30 | Aquafitness | Piscina | 17:30 | Training Fit | Fitness | 19:30 | Aquafitness | Piscina | 19:00 | Body Pump | 1 | 13:00 | ABS Xpress | Fitness | | |
| 19:00 | Ciclo - Indoor | Ciclo | 20:00 | Pilates | 2 | 18:00 | Mix Training | 1 y Ciclo | 19:30 | Triatlón 2h | Ext Piscina | 19:00 | Body Pump | 1 | | | | | |
| 19:00 | Body Pump | 1 | 20:00 | Body Pump | 1 | 19:00 | Ciclo - Indoor | Ciclo | 20:00 | | | Pilates | 2 | 20:00 | Zumba | 1 | | | |
| 20:00 | Zumba | 1 | 20:00 | AquaZumba | Piscina | 19:00 | Body Pump | 1 | 20:00 | | | Body Pump | 1 | 20:30 | Stretching 30' | 2 | | | |
| 20:00 | GAP 30' | 2 | 20:45 | Training Fit | Fitness | 19:00 | Yoga Terapia | Yoga | 20:00 | Pilates | 2 | 21:00 | Pilates | 1 | | | | | |
| 20:00 | Running | Ext | 21:00 | GAP 30' | 1 | 20:00 | Zumba | 1 | 20:00 | Body Pump | 1 | 21:00 | Training Fit | Fitness | | | | | |
| 20:30 | Ciclo - Indoor | Ciclo | 21:00 | Ciclo - Indoor | Ciclo | 20:00 | GAP 30' | 2 | 20:00 | AquaZumba | Piscina | | | | | | | | |
| 20:45 | Training Fit | Fitness | 21:30 | Stretching 30' | 1 | 20:00 | Running | Ext | 20:45 | Training Fit | Fitness | | | | | | | | |
| 21:00 | Pilates | 1 | | | | 20:30 | Ciclo - Indoor | Ciclo | 21:00 | GAP 30' | 1 | | | | | | | | |
| | | | | | | 20:45 | Training Fit | Fitness | 21:00 | Ciclo - Indoor | Ciclo | | | | | | | | |
| | | | | | | 21:00 | Pilates | 1 | 21:30 | Stretching 30' | 1 | | | | | | | | |

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|--|-----------------|--|-------------------------------|--|-----------------|--|---------------------|--|---------|--|-----------------|
| | 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 18 al 24 Julio 2016



| LUNES 18 | | | MARTES 19 | | | MIÉRCOLES 20 | | | JUEVES 21 | | | VIERNES 22 | | | SABADO 23 | | |
|----------|----------------|-----------|-----------|----------------|---------|--------------|--------------------|-----------|-----------|--------------------|----------------|------------|---------------------------------|-----------|-------------------|--------------|---------|
| 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 | Mantenimiento | 1 | 9:30 | Training Fit | Fitness |
| 9:15 | Pilates | 2 | 9:30 | Training Fit | Fitness | 9:15 | Pilates | 2 | 9:30 | Training Fit | Fitness | 9:30 | Training Fit | Fitness | 10:15 | Zumba | 1 |
| 9:30 | Training Fit | Fitness | 10:15 | Sh'Bam | 1 | 9:30 | Training Fit | Fitness | 10:15 | Sh'Bam | 1 | 10:15 | Aquafitness | Piscina | 13:00 | Training Fit | Fitness |
| 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Aquafitness | Piscina | 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Aquafitness | Piscina | 10:15 | Ciclo - Indoor | Ciclo | 15:00 | ABS Xpress | Fitness |
| 10:15 | Aquafitness | Piscina | 11:15 | Body Balance | 1 | 10:15 | Aquafitness | Piscina | 11:15 | Body Balance | 1 | 11:15 | GAP 30' | 1 | 17:30 | Training Fit | Fitness |
| 10:15 | Zumba | 1 | 13:00 | Training Fit | Fitness | 10:15 | Zumba | 1 | 13:00 | Training Fit | Fitness | 11:45 | Stretching 30' | 1 | | | |
| 11:15 | R. Postural | Yoga | 15:00 | ABS Xpress | Fitness | 11:15 | R. Postural | Yoga | 15:00 | ABS Xpress | Fitness | 13:15 | Training Fit | Fitness | | | |
| 11:15 | Body Combat | 1 | 17:30 | Training Fit | Fitness | 11:15 | GAP 30' | 1 | 17:30 | Training Fit | Fitness | 15:30 | ABS Xpress | Fitness | | | |
| 13:00 | Training Fit | Fitness | 19:00 | Ciclo - Indoor | Ciclo | 11:45 | Stretching 30' | 1 | 19:00 | Ciclo - Indoor | Ciclo | 17:15 | Training Fit | Fitness | | | |
| 14:30 | Ciclo - Indoor | Ciclo | 19:00 | Body Combat | 1 | 13:00 | Training Fit | Fitness | 19:00 | Body Combat | 1 | 18:00 | GAP | 1 | DOMINGO 24 | | |
| 15:00 | ABS Xpress | Fitness | 19:00 | Yoga | Yoga | 14:30 | Ciclo - Indoor | Ciclo | 19:00 | Yoga | Yoga | 19:00 | Ciclo 90 Indoor 90 90 min | Ciclo | HORA | ACTIVIDAD | SALA |
| 17:30 | Training Fit | Fitness | 19:30 | Aquafitness | Piscina | 15:00 | ABS Xpress | Fitness | 19:30 | Aquafitness | Piscina | | | | 11:00 | Training Fit | Fitness |
| 18:00 | Mix Training | 1 y Ciclo | 20:00 | Training Fit | Fitness | 17:30 | Training Fit | Fitness | 19:30 | Triatlón 2h | Ext Piscina | | | 13:00 | ABS Xpress | Fitness | |
| 19:00 | Ciclo - Indoor | Ciclo | 20:00 | Pilates | 2 | 18:00 | Mix Training | 1 y Ciclo | | | | | 19:00 | Body Pump | 1 | | |
| 19:00 | Body Pump | 1 | 20:00 | Sh'Bam | 1 | 19:00 | Ciclo - Indoor 50' | Ciclo | 19:00 | Ciclo - Indoor 50' | Ciclo | 20:00 | Zumba | 1 | | | |
| 20:00 | Zumba | 1 | 20:00 | Running | Ext | 19:00 | Body Pump | 1 | 20:00 | Training Fit | Fitness | 20:30 | Stretching 30' | 2 | | | |
| 20:00 | GAP 30' | 2 | 21:00 | GAP 30' | 1 | 19:00 | Yoga Terapia | Yoga | 20:00 | Pilates | 2 | 21:00 | Pilates | 1 | | | |
| 20:00 | Running | Ext | 21:00 | Ciclo - Indoor | Ciclo | 20:00 | Zumba | 1 | 20:00 | Sh'Bam | 1 | 21:00 | Training Fit | Fitness | | | |
| 20:30 | Ciclo - Indoor | Ciclo | 21:30 | Stretching 30' | 1 | 20:00 | GAP 30' | 2 | 20:00 | Running | Ext | | | | | | |
| 20:45 | Training Fit | Fitness | | | | 20:00 | Running | Ext | 21:00 | GAP 30' | 1 | | | | | | |
| 21:00 | Pilates | 1 | | | | 20:30 | Ciclo - Indoor | Ciclo | 21:00 | Ciclo - Indoor | Ciclo | | | | | | |
| | | | | | | 20:45 | Training Fit | Fitness | 21:30 | Stretching 30' | 1 | | | | | | |
| | | | | | | 21:00 | Pilates | 1 | 21:30 | Stretching 30' | 1 | | | | | | |
| | | | | | | | | | 21:30 | Stretching 30' | 1 | | | | | | |

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



AYUNTAMIENTO
DE ALPEDRETE

Horario de clases de la Ciudad Deportiva Municipal de Alpedrete



Del 25 al 31 Julio 2016

| LUNES | 25 | MARTES | 26 | MIÉRCOLES | 27 | JUEVES | 28 | VIERNES | 29 | SABADO | 30 | | | | | |
|-------|-----------|----------------|---------|-----------|----------------|-----------|-----------|---|----------------|---|----------------|--------------|---------|----------------|---------|--|
| HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | | | | | |
| | 9:15 | Pilates | 1 | 9:15 | Mantenimiento | 1 | 9:15 | Pilates | 1 | 9:15 | Mantenimiento | 1 | 9:30 | Training Fit | Fitness | |
| | 9:30 | Training Fit | Fitness | 9:15 | Pilates | 2 | 9:30 | Training Fit | Fitness | 9:30 | Training Fit | Fitness | 10:15 | Zumba | 1 | |
| | 10:15 | Sh'Bam | 1 | 9:30 | Training Fit | Fitness | 10:15 | Sh'Bam | 1 | 10:15 | Aquafitness | Piscina | 11:15 | Ciclo - Indoor | Ciclo | |
| | 10:15 | Aquafitness | Piscina | 10:15 | Ciclo - Indoor | Ciclo | 10:15 | Aquafitness | Piscina | 10:15 | Ciclo - Indoor | Ciclo | 13:00 | Training Fit | Fitness | |
| | 11:15 | Body Balance | 1 | 10:15 | Aquafitness | Piscina | 11:15 | Body Balance | 1 | 11:15 | GAP 30' | 1 | 15:00 | ABS Xpress | Fitness | |
| | 13:00 | Training Fit | Fitness | 10:15 | Zumba | 1 | 13:00 | Training Fit | Fitness | 11:45 | Stretching 30' | 1 | 17:30 | Training Fit | Fitness | |
| | 15:00 | ABS Xpress | Fitness | 11:15 | R. Postural | Yoga | 15:00 | ABS Xpress | Fitness | 13:15 | Training Fit | Fitness | | | | |
| | 17:30 | Training Fit | Fitness | 11:15 | GAP 30' | 1 | 17:30 | Training Fit | Fitness | 15:30 | ABS Xpress | Fitness | | | | |
| | 19:00 | Ciclo - Indoor | Ciclo | 11:45 | Stretching 30' | 1 | 19:00 | Ciclo - Indoor | Ciclo | 18:00 | Training Fit | Fitness | | | | |
| | 19:00 | Body Pump | 1 | 13:00 | Training Fit | Fitness | 19:00 | Body Pump | 1 | <div style="border: 2px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> Ciclo 90 Indoor 90' 90 min </div> | | | | | | |
| | 19:30 | Aquafitness | Piscina | 14:30 | Ciclo - Indoor | Ciclo | 19:30 | Aquafitness | Piscina | | | | | | | |
| | 20:00 | Training Fit | Fitness | 15:00 | ABS Xpress | Fitness | 19:30 | <div style="border: 2px solid black; border-radius: 50%; padding: 5px; display: inline-block;"> Triatlón 2h </div> | Ext Piscina | | | | | | | |
| | 20:00 | Pilates | 2 | 17:30 | Training Fit | Fitness | | | | | | | | | | |
| | 20:00 | Sh'Bam | 1 | 18:00 | Mix Training | 1 y Ciclo | | | | | | | | | | |
| | 21:00 | Ciclo - Indoor | Ciclo | 19:00 | Body Pump | 1 | 20:00 | Training Fit | Fitness | | 19:00 | Body Pump | 1 | | | |
| | | | | 19:00 | Yoga Terapia | Yoga | 20:00 | Pilates | 2 | | 20:00 | Zumba | 1 | | | |
| | | | | 19:30 | Glu Ten | Fitness | 20:00 | Sh'Bam | 1 | | 21:00 | Training Fit | Fitness | | | |
| | | | | 20:00 | Training Fit | Fitness | 21:00 | Ciclo - Indoor | Ciclo | | | | | | | |
| | | | | 20:00 | GAP 30' | 2 | | | | | | | | | | |
| | | | | 20:00 | Zumba | 1 | | | | | | | | | | |
| | | | | 20:30 | Ciclo - Indoor | Ciclo | | | | | | | | | | |
| | | | | 21:00 | Pilates | 1 | | | | | | | | | | |

Fiesta

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