



AYUNTAMIENTO DE ALPEDRETE

HORARIO CLASES CIUDAD DEPORTIVA MUNICIPAL DE ALPEDRETE NOVIEMBRE DE 2015



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	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	Ciclo - Indoor	Ciclo	9:15	Pilates	2	10:15	Ciclo - Indoor	Ciclo	9:30	Training Fit	Fitness	11:15	Ciclo - Indoor	Ciclo
10:15	Ciclo - Indoor	Ciclo	10:15	Sh'Bam 30	1	9:30	Training Fit	Fitness	10:15	Sh'Bam 30	1	10:15	Aquafitness	Piscina	11:15	Aquafitness	Piscina
10:15	Aquafitness	Piscina	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	Zumba	1	10:15	Yoga	Yoga	10:15	Aquafitness	Piscina	10:15	Yoga	Yoga	11:15	GAP 30'	1	15:00	ABS Xpress	Fitness
10:15	Body Combat	2	11:00	Aquafitness	Piscina	10:15	Zumba	1	11:00	Aquafitness	Piscina	11:45	Stretching 30'	1	17:30	Training Fit	Fitness
11:00	Aquafitness	Piscina	11:15	Body Balance	1	10:15	Body Combat	2	11:15	Body Balance	1	12:15	Pilates	1			
11:15	R. Postural	Yoga	13:00	Training Fit	Fitness	11:00	Aquafitness	Piscina	13:00	Training Fit	Fitness	13:15	Training Fit	Fitness	DOMINGO		
11:15	Body Pump	1	14:00	Etto Adaptado	2	11:15	R. Postural	Yoga	14:00	Etto Adaptado	2	15:30	ABS Xpress	Fitness	HORA	ACTIVIDAD	SALA
13:00	Training Fit	Fitness	14:30	Ciclo - Indoor	Ciclo	11:15	Body Pump	1	14:30	Ciclo - Indoor	Ciclo	17:00	Ciclo - Indoor	Ciclo	11:00	Training Fit	Fitness
14:30	Ciclo - Indoor	Ciclo	15:00	ABS Xpress	Fitness	13:00	Training Fit	Fitness	15:00	ABS Xpress	Fitness	17:15	Training Fit	Fitness	13:00	ABS Xpress	Fitness
15:00	ABS Xpress	Fitness	15:15	Zumba	1	14:30	Ciclo - Indoor	Ciclo	15:15	Zumba	1	18:00	GAP	2			
17:30	Training Fit	Fitness	17:30	Training Fit	Fitness	15:00	ABS Xpress	Fitness	17:30	Training Fit	Fitness	19:00	Ciclo - Indoor 90 min	Ciclo	MASTER CLASS		
19:00	Ciclo - Indoor	Ciclo	19:00	Ciclo - Indoor	Ciclo	17:30	Training Fit	Fitness	19:00	Ciclo - Indoor	Ciclo	19:00	Body Pump	1	Sorpresa!! Master class sorpresa de 1 de nuestras actividades. Sábado 7 a las 11,00 h		
19:00	Body Pump	1	19:00	Lady Style	2	19:00	Ciclo - Indoor	Ciclo	19:00	Lady Style	2	19:00	Aquafitness	Piscina			
19:30	Aquafitness	Piscina	19:00	Body Pump	1	19:00	Yoga Terapia	Yoga	19:00	Body Combat	1	19:30	Aquafitness	Piscina			
20:00	Training Fit	Fitness	19:00	Yoga	Yoga	19:00	Body Pump	1	19:00	Yoga	Yoga	20:00	Zumba	1	MASTER CLASS		
20:00	Zumba	1	19:30	Aquafitness	Piscina	19:30	Aquafitness	Piscina	19:30	Aquafitness	Piscina	20:00	Global Training	Fitness	Espanan Training el sábado 14 a las 11,00 h. Solo apto para gente entrenada.		
20:00	Global Training	Fitness	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness	20:00	Training Fit	Fitness			
20:00	GAP 30'	2	20:00	Pilates	2	20:00	Zumba	1	20:00	Pilates	2	20:15	Aquafitness	Piscina			
20:15	Aquafitness	Piscina	20:00	Sh'Bam 30	1	20:00	Global Training	Fitness	20:00	Sh'Bam 30	1	20:30	Stretching 30'	2	EVENTO PREMIUM		
20:30	Ciclo - Indoor	Ciclo	20:00	Running	Ext	20:00	GAP 30'	2	20:00	Running	Ext	21:00	Pilates	1	Master class de Ciclo Indoor de 90 min. el sábado 21 a las 11,15 h		
21:00	Pilates	1	20:15	Aquafitness	Piscina	20:15	Aquafitness	Piscina	20:15	Aquafitness	Piscina	21:30	ABS Xpress	Fitness			
21:00	ABS Xpress	Fitness	21:00	Fit Ball 30'	1	20:30	Ciclo - Indoor	Ciclo	21:00	Fit Ball 30'	1						
			21:00	Ciclo - Indoor	Ciclo	21:00	Pilates	1	21:00	Ciclo - Indoor	Ciclo						
			21:15	ABS Xpress	Fitness	21:00	ABS Xpress	Fitness	21:15	ABS Xpress	Fitness						
			21:30	Stretching 30'	1				21:30	Stretching 30'	1						

EVENTO SOLIDARIO DEL MES
Clase de **Body Pump vs Body Combat** el **sábado 28**
a las **11,00 h** con **carácter benéfico**

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