

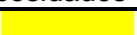







Ciudad Deportiva Municipal Alpedrete

Horario de Clases Julio 2020

| LUNES | | | MARTES | | | MIÉRCOLES | | | JUEVES | | | VIERNES | | |
|-------|--------------------|----------|--------|--------------------|----------|-----------|----------------|----------|--------|--------------------|----------|---------|----------------|----------|
| HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA |
| 9:15 | Pilates | RITMICA | 9:15 | Pilates | RITMICA | 9:15 | Pilates | RITMICA | 9:15 | Pilates | RITMICA | 9:15 | Pilates | RITMICA |
| 9:15 | Funcional Training | 1 | 9:15 | Body Pump | 1 | 9:15 | Body Combat | 1 | 9:15 | Body Pump | 1 | 9:15 | Body Combat | 1 |
| 10:15 | Ciclo - Indoor | PABELLÓN | 10:15 | Ciclo - Indoor | PABELLÓN | 10:15 | Ciclo - Indoor | PABELLÓN | 10:15 | Ciclo - Indoor | PABELLÓN | 10:15 | Ciclo - Indoor | PABELLÓN |
| 10:15 | Zumba | 1 | 10:15 | Sh'Bam | 1 | 10:15 | Zumba | 1 | 10:15 | Sh'Bam | 1 | 10:15 | Zumba | 1 |
| 10:30 | R. Postural | RITMICA | 10:30 | Hatha Yoga | RITMICA | 10:30 | R. Postural | RITMICA | 10:30 | Hatha Yoga | RITMICA | | | |
| 11:30 | AquaFitness | Piscina | 11:30 | AquaFitness | Piscina | 11:30 | AquaFitness | Piscina | 11:30 | AquaFitness | Piscina | | | |
| 11:30 | Yoga Terapia | RITMICA | | | | | | | | | | | | |
| | | | 19:00 | Ashtanga Yoga | 4 | | | | 18:30 | Ashtanga Yoga | 4 | | | |
| 19:00 | Body Pump | 1 | 19:00 | Body Combat | 1 | 19:00 | Body Pump | 1 | 19:00 | Body Combat | 1 | | | |
| | | | 19:30 | Ciclo - Indoor | PABELLÓN | | | | 19:00 | Ciclo - Indoor | PABELLÓN | | | |
| 20:00 | Zumba | 1 | 20:00 | Sh'Bam | 1 | 20:00 | Zumba | 1 | 20:00 | Sh'Bam | 1 | 20:00 | Pilates | RITMICA |
| 20:00 | Ciclo - Indoor | PABELLÓN | 20:30 | Pilates | RITMICA | 20:00 | Ciclo - Indoor | PABELLÓN | 20:00 | Pilates | RITMICA | | | |
| 20:00 | Hatha Yoga | RITMICA | | | | 20:00 | Hatha Yoga | RITMICA | | | | | | |
| | | | 21:00 | Funcional Training | 1 | | | | 21:00 | Funcional Training | 1 | | | |
| 21:00 | Pilates | 1 | | | | 21:00 | Pilates | 1 | | | | | | |

* La dirección se reserva el derecho a modificación y/o cancelación de las actividades por necesidades organizativas.

| | | | | | | | | | |
|--|--------------|---|-----------------|---|----------------|---|---------------------|---|---------|
|  | Tonificación |  | Cuerpo / mente |  | Cardiovascular |  | Coreografía / Baile |  | Piscina |
|  | Virtual |  | Artes Marciales |  | Técnica | | | | |