









Ciudad Deportiva Municipal Alpedrete

Horario de Clases Febrero 2021*

*Hasta que se levanten las limitaciones horarias de cierre a las 21 horas

| LUNES | | | MARTES | | | MIÉRCOLES | | | JUEVES | | | VIERNES | | |
|-------|----------------|----------|--------|----------------|----------|-----------|----------------|----------|--------|----------------|----------|---------|----------------|----------|
| HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA | HORA | ACTIVIDAD | SALA |
| 9:15 | Pilates | RÍTMICA | 9:15 | Pilates | 3 | 9:15 | Pilates | RÍTMICA | 9:15 | Pilates | 3 | 9:15 | Pilates | 3 |
| | | | | | | 9:15 | Ashtanga Yoga | 4 | | | | | | |
| 9:15 | Body Pump | 1 | 9:15 | Body Pump | 1 | 9:15 | Body Combat | 1 | 9:15 | Body Pump | 1 | 9:15 | Body Combat | 1 |
| 10:30 | Ciclo - Indoor | PABELLÓN | 10:30 | Ciclo - Indoor | PABELLÓN | 10:30 | Ciclo - Indoor | PABELLÓN | 10:30 | Ciclo - Indoor | PABELLÓN | 10:30 | Ciclo - Indoor | PABELLÓN |
| 10:30 | Zumba | 1 | 10:30 | Sh'Bam | 1 | 10:30 | Zumba | 1 | 10:30 | Sh'Bam | 1 | 10:30 | Zumba | 1 |
| 10:30 | Yoga Terápia | 4 | 10:30 | Hatha Yoga | 4 | 11:00 | R. Postural | 4 | 10:30 | Hatha Yoga | 4 | | | |
| 11:30 | AquaFitness | Piscina | 11:30 | AquaFitness | Piscina | 11:30 | AquaFitness | Piscina | 11:30 | AquaFitness | Piscina | 11:30 | AquaFitness | Piscina |
| 12:00 | R. Postural | 4 | | | | | | | | | | | | |
| | | | 18:00 | Body Pump | 1 | | | | | | | | | |
| | | | 19:00 | Ashtanga Yoga | 4 | | | | 19:00 | Ashtanga Yoga | 4 | | | |
| | | | 19:00 | AquaFitness | Piscina | | | | 19:00 | AquaFitness | Piscina | 18:00 | Pilates | 3 |
| 18:30 | Body Pump | 1 | 19:00 | Body Combat | 1 | 18:30 | Body Pump | 1 | 19:00 | Body Combat | 1 | 18:30 | Zumba | 1 |
| 19:30 | Ciclo - Indoor | PABELLÓN | 19:00 | Ciclo - Indoor | PABELLÓN | 19:30 | Ciclo - Indoor | PABELLÓN | 19:00 | Ciclo - Indoor | PABELLÓN | 19:30 | Body Pump | 1 |
| 19:30 | Hatha Yoga | 4 | 20:00 | Pilates | 3 | 19:30 | Hatha Yoga | 4 | 20:00 | Pilates | 3 | | | |
| 19:30 | Pilates | 3 | 20:00 | Sh'Bam | 1 | 19:30 | Pilates | 3 | 20:00 | Sh'Bam | 1 | | | |
| 19:45 | Zumba | 1 | | | | 19:45 | Zumba | 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 | | | | |