**AYUNTAMIENTO DE COLMENAREJO**
Plaza de la Constitución, 1
28270 Colmenarejo (Madrid)
Telf. 91 8589072 Fax. 91 8425518
www.ayto-colmenarejo.org

# 2ª QUINCENA SEPTIEMBRE 2018
# ACTIVIDADES CUOTA ÚNICA

POLIDEPORTIVO MUNICIPAL DE COLMENAREJO

**Servicio Municipal de Deportes**
Ctra. Villanueva del Pardillo s/nº
28270 Colmenarejo (Madrid)
Telf. 91 858 90 72 Ext 180
polideportivo@ayto-colmenarejo.org

| | LUNES | | | MARTES | | | MIERCOLES | | | JUEVES | | | VIERNES | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | SALAS | | | SALAS | | | SALAS | | | SALAS | | | SALAS | | |
| | AERÓBIC FITNESS | CICLO | CARDIO MUSCULACIÓN | AERÓBIC FITNESS | CICLO | CARDIO MUSCULACIÓN | AERÓBIC FITNESS | CICLO | CARDIO MUSCULACIÓN | AERÓBIC FITNESS | CICLO | CARDIO MUSCULACIÓN | AERÓBIC FITNESS | CICLO | CARDIO MUSCULACIÓN |
| 10,00-10,15 | AERO-ZUMBA 10 A 10:55 | CICLO EN SALA 10:00 A 10:55 | | AERO-ZUMBA 10 A 10:55 | | | AERO-ZUMBA 10 A 10:55 | CICLO EN SALA 10:00 A 10:55 | | AERO-ZUMBA 10 A 10:55 | | | | | |
| 10,15-10,30 | | | | | | | | | | | | | | | |
| 10,30-10,45 | | | | | | | | | | | | | | | |
| 10,45-11,00 | | | | | | | | | | | | | | | |
| 11,00-11,15 | PILATES 11:00 A 11:45 | | | PILATES 11 A 11:45 | | | PILATES 11:00 A 11:45 | | | PILATES 11 A 11:45 | | | | | |
| 11,15-11,30 | | | | | | | | | | | | | | | |
| 11,30-11,45 | | | | | | | | | | | | | | | |
| 11,45-12,00 | | | | | | | | | | | | | | | |
| 12,00-12,15 | | | | | | | | | | | | | | | |
| 12,15-12,30 | | | | | | | | | | | | | | | |
| 12,30-12,45 | | | | | | | | | | | | | | | |
| 12,45-13,00 | | | | | | | | | | | | | | | |
| 13,00-13,15 | | | | | | | | | | | | | | | |
| 13,15-13,30 | | | | | | | | | | | | | | | |
| 13,30-13,45 | | | | | | | | | | | | | | | |
| 13,45-14,00 | | | | | | | | | | | | | | | |
| 14,00-14,15 | | | | | | | | | | | | | | | |
| 14,15-14,30 | | | | | | | | | | | | | | | |
| 14,30-14,45 | | | | | | | | | | | | | | | |
| 14,45-15,00 | | | | | | | | | | | | | | | |
| 15,00-15,15 | | | | | | | | | | | | | | | |
| 15,15-15,30 | | | | | | | | | | | | | | | |
| 15,30-15,45 | | | | | | | | | | | | | | | |
| 15,45-16,00 | | | | | | | | | | | | | | | |
| 16,00-16,15 | | | | | | | | | | | | | | | |
| 16,15-16,30 | | | | | | | | | | | | | | | |
| 16,30-16,45 | | | | | | | | | | | | | | | |
| 16´45-17´00 | | | | | | | | | | | | | | | |
| 17,00-17,15 | | | | | | | | | | | | | | | |
| 17,15-17,30 | | | | | | | | | | | | | | | |
| 17,30-17,45 | | | | | | | | | | | | | | | |
| 17,45-18,00 | | | | | | | | | | | | | | | |
| 18,00-18,15 | PILATES 18 A 18:45 | | | | | | | | | | | | | | |
| 18,15-18,30 | | | | PILATES 18:10 A 18:55 | | | | | | PILATES 18:10 A 18:55 | | | | | |
| 18,30-18,45 | | | | | | | | | | | | | | | |
| 18,45-19,00 | | CICLO EN SALA 18:50 A 19:45 | | | | | | | | | | | | | |
| 19,00-19,15 | | | | AEREO-ZUMBA 19:00 A 19:55 | CICLO EN SALA 19:00 A 19:55 | | TONIFICACIÓN GAP 19:00 A 19:45 | | | | | | TONIFICACIÓN GAP 19:00 A 19:45 | | |
| 19,15-19,30 | | | | | | | | | | PILATES 19:00 A 19:55 | | | | | |
| 19,30-19,45 | | | | | | | | CICLO EN SALA 19:30 A 20:25 | | | | | | | |
| 19,45-20,00 | | | | | | | | | | | | | PILATES 19:45 A 20:30 | | |
| 20,00-20,15 | AERO-ZUMBA 20:00 A 20:55 | | | | | | PILATES 20:00 A 20:45 | | | AEREO-ZUMBA 20:00 A 20:55 | CICLO EN SALA 20:15 A 21:10 | | | | |
| 20,15-20,30 | | | | PILATES 20:10 A 20:55 | | | | | | | | | | | |
| 20,30-20,45 | | | | | | | | | | | | | | | |
| 20,45-21,00 | | | | | | | | CICLO EN SALA 20:50 A 21:45 | | | | | | CICLO EN SALA 20:30 A 21:25 | |
| 21,00-21,15 | TONIFICACION GAP 21 A 21:45 | | | | | | | | | | | | | | |
| 21,15-21,30 | | | | | | | | | | | | | | | |
| 21,30-21,45 | | | | | | | | | | | | | | | |
| 21,45-22,00 | | | | | | | | | | | | | | | |