# MIÉRCOLES

| | T - 1 (vest.) | T - 1 (almac.) | T - 2 | T - 3 | COLEGIO | S. AER. | CICLO | S. AA MM | S. MUSC. | ATLETISMO | MINICAMPO | C. FÚT. 1/1 | C. FÚT. 1/2 | C. FÚT. 2/1 | C. FÚT. 2/2 | TENIS 1 | TENIS 2 | TENIS 3 | PADEL 3 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 10,00-10,15 | | | | | | BODY TONIC | | | ÓSCAR 10-12 | | | | | | | | | | |
| 10,15-10,30 | | | | | | | | | | | | | | | | | | | |
| 10,30-10,45 | | | | | | | | | | | | | | | | | | | |
| 10,45-11,00 | | | | | | 10,00-10,55 | | | | | | | | | | | | | |
| 11,00-11,15 | | | | | | | | | | | | | | | | | | | |
| 11,15-11,30 | | | | | | PILATES | | | | | | | | | | | | | |
| 11,30-11,45 | | | | | | | | | | | | | | | | | | | |
| 11,45-12,00 | | | | | | 11,00-11,45 | | | | | | | | | | | | | |
| 12,00-12,15 | | | | | | PILATES | | | | | | | | | | | | | |
| 12,15-12,30 | | | | | | | | | | | | | | | | | | | |
| 12,30-12,45 | | | | | | 11,50-12,35 | | | | | | | | | | | | | |
| 12,45-13,00 | | | | | | | | | | | | | | | | | | | |
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| | TERCIO1 | | TERCIO 2 | TERCIO 3 | COLEGIO | | | | | | | | | | | | | | |
| 16,00-16,15 | | | | ED. FÍSICA + 65 | | | | | | | | | | | | | | | |
| 16,15-16,30 | | | | | | | | | | | | | | | | | | | |
| 16,30-16,45 | | | | 16,00-16,45 | | | | | | | | | | | | | | | |
| 16´45-17´00 | RÍTMICA 1 | | | | | | | | | | | FÚTBOL | | | | | | | |
| 17,00-17,15 | 2013-14 | | BALONCESTO | | VOLEY ANGRY | | | | | ATLETISMO 1 | | BENJAMÍN VERDE | | | | PRETENIS 1 | TENIS | | |
| 17,15-17,30 | 16,45-17,30 | | MINIBJ-BENJ | | | CIRCUITO EXPRESS 17:10 A 17:45 | | JUDO 2 | | 2010-2011 | | 2009-2010 | | | | 2012- 2013 | INICIA. 1 | | |
| 17,30-17,45 | RÍTMICA 2 | | 09-10-11-12 | | | | | 2006 a 2009 | | 17,00-17,45 | COLEGIO | 16,45-17,40 | | | | 17,00-17,45 | 2008-2009 17- | | |
| 17,45-18,00 | 2011-12 | | 17,00-17,55 | | | | | | | ATLETISMO 3 | | FÚTBOL PREBENJ. | | | | | 17,55 | | |
| 18,00-18,15 | 17,30-18,15 | | BALONCESTO | VOLEY INF CAD. 2003-04-05-06 | | STRETCHING | | 17,10-18,05 | | 2008-2009 | GREDOS | 2011-2012 | | | | TENIS | | | PÁDEL INFANTIL |
| 18,15-18,30 | RÍTMICA 4 | | INFANTIL | 18,00-18,55 | | 18 A 18:35 | | | | 17,45-18,40 | | 17,45-18,30 | | | | PERFECC | | | SELECCIÓN |
| 18,30-18,45 | 2008 18,15- | | 2005 - 2006 | | | | | | | | | FÚTBOL | | | | INFANTIL 18- | | | PROFESOR |
| 18,45-19,00 | 19,10 | | 18,00-18,55 | | | PILATES | CICLO | | BELÉN 19,00- | ATLETISMO 5 | BENJAMÍN | ALEVÍN VERDE | | | | 18,55 | | | 17,30-18,25 |
| 19,00-19,15 | | | | CLUB DE | | | | | | 2006-2007 | | 2007-2008 | | | | TENIS | | | |
| 19,15-19,30 | | | | | | 18,45-19,30 | | | | | | 18,35-19,30 | | | | PERFECC | | | |
| 19,30-19,45 | | | | BADMINT | AH VOLEY SENIOR | | 18,45-19,40 | | 20,00 | 18,45-19,40 | | CLUB DE | | | | JUNIOR | | | PÁDEL |
| 19,45-20,00 | | | | | | HIIT Y CORE 19:45 - 20:30 | | PILATES | | ATLETISMO 7 | | | | | | 19-19,55 | | | ADULTOS |
| 20,00-20,15 | | | | ON | | | | | JULIO | 2001-02-03 | | | | | | TENIS | | | INICIA.2 19,30- |
| 20,15-20,30 | | | | | | | | 19,45-20,30 | | 19,45-20,40 | | | | | | PERFECC 2 | | | 20,25 |
| 20,30-20,45 | | | | | | AERO- | CICLO | PILATES | | | | FÚTBOL | | | | ADULTO | | | PÁDEL |
| 20,45-21,00 | | | | | | ZUMBA | | | | | | | | | | 20-20,55 | | | ADULTOS |
| 21,00-21,15 | | | | | AH VOLEY SENIOR | | | 20,35-21,20 | 20,00-21,55 | | | | | | | TENIS | | | |
| 21,15-21,30 | CLUB DE FÚTBOL SALA | | | | | 20,35-21,30 | 20,30-21,25 | | | | | | | | | PERFECC 3 | | | PERFEC 2 |
| 21,30-21,45 | | | | | | | | | | | | | | | | ADULTO | | | |
| 21,45-22,00 | | | | | | | | | | | | GIMNÁSTICA | | | | 21-21,55 | | | |
| | | | | | COLEGIO | | | | | | | | | | | | | | |

rítmica madrid sierra

CLUB DE FÚTBOL GIMNÁSTICA