



**AYUNTAMIENTO DE COLMENAREJO**  
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## SEMANA 23 A 27 DIC

### ACTIVIDADES CUOTA ÚNICA

POLIDEPORTIVO MUNICIPAL DE COLMENAREJO

**Servicio Municipal de Deportes**  
Ctra. Villanueva del Pardillo s/n°  
28270 Colmenarejo (Madrid)  
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|             | LUNES 23                      |                           |                             |                       | MARTES 24                       |       |                    |                       | MIÉRCOLES 25                  |                                                                             |                    |                       | JUEVES 26                     |       |                    |                       | VIERNES 27                               |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|-------------|-------------------------------|---------------------------|-----------------------------|-----------------------|---------------------------------|-------|--------------------|-----------------------|-------------------------------|-----------------------------------------------------------------------------|--------------------|-----------------------|-------------------------------|-------|--------------------|-----------------------|------------------------------------------|-------|--------------------|-----------------------|------------|--|--|--|--|--|--|--|-------------|--|-----------------------------|--|--|--|
|             | SALAS                         |                           |                             |                       | SALAS                           |       |                    |                       | SALAS                         |                                                                             |                    |                       | SALAS                         |       |                    |                       | SALAS                                    |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             | AEROBIC<br>FITNESS /<br>PISTA | CICLO                     | ARTES<br>MARCIALES          | CARDIO<br>MUSCULACIÓN | AEROBIC<br>FITNESS /<br>PISTA   | CICLO | ARTES<br>MARCIALES | CARDIO<br>MUSCULACIÓN | AEROBIC<br>FITNESS /<br>PISTA | CICLO                                                                       | ARTES<br>MARCIALES | CARDIO<br>MUSCULACIÓN | AEROBIC<br>FITNESS /<br>PISTA | CICLO | ARTES<br>MARCIALES | CARDIO<br>MUSCULACIÓN | AERÓBIC<br>FITNESS / PISTA               | CICLO | ARTES<br>MARCIALES | CARDIO<br>MUSCULACIÓN |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 10,00-10,15 | AERO-ZUMBA                    |                           |                             |                       | C<br>E<br>R<br>R<br>A<br>D<br>O |       |                    |                       |                               | F<br>E<br>S<br>T<br>I<br>V<br>O<br><br>N<br>A<br>C<br>I<br>O<br>N<br>A<br>L |                    |                       |                               |       |                    |                       | TONIFICAC<br>IÓN GAP<br>10:00 A<br>10:55 |       |                    |                       | AERO-ZUMBA |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 10,15-10,30 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 10,30-10,45 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 10,45-11,00 | 10,00-10,55                   |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  | 10,00-10,55 |  |                             |  |  |  |
| 11,00-11,15 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 11,15-11,30 |                               |                           | PILATES<br>11:10 A<br>11:55 |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  | PILATES<br>11:10 A<br>11:55 |  |  |  |
| 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 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 18,15-18,30 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 18,30-18,45 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 18,45-19,00 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 19,00-19,15 | HIIT CORE<br>19:00 A 19:45    |                           | PILATES<br>19:00 A<br>19:45 |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 19,15-19,30 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 19,30-19,45 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 19,45-20,00 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 20,00-20,15 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 20,15-20,30 | AERO-ZUMBA<br>20:00 A 20:55   | CICLO<br>20:00 A<br>20,55 |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 20,30-20,45 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 20,45-21,00 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 21,00-21,15 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 21,15-21,30 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 21,30-21,45 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
| 21,45-22,00 |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |
|             |                               |                           |                             |                       |                                 |       |                    |                       |                               |                                                                             |                    |                       |                               |       |                    |                       |                                          |       |                    |                       |            |  |  |  |  |  |  |  |             |  |                             |  |  |  |