



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

ACTIVIDADES CUOTA ÚNICA DESDE EL 22 DE JUNIO AL 4 DE AGOSTO - 2026

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 | | MIÉRCOLES | JUEVES | | VIERNES | | |
|-------------|--|------------------------------------|-----------------------------|------------------------------------|--|-----------------------------|--|--|--|
| | SALA | SALAS | | SALAS | SALAS | | SALA | | |
| | AERÓBIC FITNESS | AERÓBIC FITNESS | CICLO | AERÓBIC FITNESS | AERÓBIC FITNESS | CICLO | AERÓBIC FITNESS | | |
| 10,00-10,15 | PUMP 10,00-10,45 | AERO-ZUMBA 10:00 A 10:55 | | BODY TONIC 10:00 A 10:55 | AERO-ZUMBA 10:00 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 11:00 A 11:45 | | PILATES 11:00 A 11:45 | PILATES 11:00 A 11:45 | | | | |
| 11,15-11,30 | | | | | | | | | |
| 11,30-11,45 | | | | | | | | | |
| | | | | | | | | | |
| 18,00-18,15 | | | | | | | | | |
| 18,15-18,30 | | | | | | | | | |
| 18,30-18,45 | | | | | | | | | |
| 18,45-20,00 | | | | | | | | | |
| 19,00-19,15 | PILATES y STRETCHING 19,00-19,55 | PUMP 19,00-19,45 | | AERO-ZUMBA 18:20 A 19:15 | PUMP 19,00-19,45 | | PILATES y STRETCHING 19,00-19,55 | | |
| 19,15-19,30 | | | | | | | | | |
| 19,30-19,45 | | | | | | | | | |
| 19,45-20,00 | | | | | | | | | |
| 20,00-20,15 | AERO-ZUMBA 20,00-20,55 | PILATES 20:00 A 20:45 | CICLO 20:00-20:55 | PILATES 19:20 A 20:05 | AERO-ZUMBA 20,00-20,55 | CICLO 20:00-20:55 | AERO-ZUMBA 20,00-20,55 | | |
| 20,15-20,30 | | | | | | | | | |
| 20,30-20,45 | | | | | TONIFICACIÓN GAP 20:10 A 20:55 | | | | |
| 20,45-21,00 | | | | | | | | | |
| 21,00-21,15 | | | | | | | | | |
| 21,15-21,30 | | | | | | | | | |
| 21,30-21,45 | | | | | | | | | |
| 21,45-22,00 | | | | | | | | | |