



Servicio Municipal de Deportes

**Ctra. Villanueva del Pardillo s/nº
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Telf. 91 858 90 72 Ext 180
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	LUNES			MARTES			MIERCOLES			JUEVES			VIERNES		
	SALA			SALAS			SALAS			SALAS			SALA		
	AERÓBIC FITNESS	ARTES MARCIALES		AERÓBIC FITNESS	CICLO		AERÓBIC FITNESS	ARTES MARCIALES		AERÓBIC FITNESS	CICLO		AERÓBIC FITNESS		
10,00-10,15	PUMP 10:00 A 10:45			AERO-ZUMBA 10:00 A 10:55			GAP-FITNESS 10:00 A 10:45			AERO-ZUMBA 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			PILATES 11:00 A 11:45		
11,15-11,30															
11,30-11,45															
11,45-12,00	PILATES 11:50 A 12:35			STRETCHING 11:50 A 12:20			STRETCHING 11:50 A 12:20			HIPOPRESIVOS 11:50 A 12:20					
12,00-12,15															
12,15-12,30															
17,30-17,45				PILATES 17:30 A 18:15											
17,45-18,00															
18,00-18,15	PILATES + STRETCHING 18:00 A 18:55							AERO-ZUMBA 18:00 A 18:55			PILATES + STRETCHING 18:00 A 18:55			CICLO (sala de ciclo) 18:00-18:55	
18,15-18,30															
18,30-18,45															
18,45-19,00				GAP-FITNESS 18:30 A 19:15											
19,00-19,15	AERO-ZUMBA 19:00 A 19:55							HIT Y CORE 19:00 A 19:45			PUMP 19:00 A 19:45			GAP-FITNESS 19:05 A 19:50	
19,15-19,30															
19,30-19,45			PILATES 19:15 A 20:00												
19,45-20,00				PUMP 19:30 A 20:15			PILATES 19:50 A 20:35								
20,00-20,15	HIT Y CORE 20:00 A 20:45														
20,15-20,30															
20,30-20,45			PILATES 20:15 A 21:00												
20,45-21,00				PILATES 20:20 A 21:05	CICLO 20:00-20:55										
21,00-21,15															