

## HORARIO DE FUNCIONAMENTO DA INSTALACIÓN:

DÍA		HORARIO
Luns a sábado		8:00 a 14:00 e de 16:00 a 23:00 horas
Domingo		10:30 a 13:00 horas

LUNS	MARTES	MERCORES	XOVES	VENRES
	9:30 a 10:20 Pilates 2		9:30 a 10:20 Hipopresivos	9:30 a 10:20 loga
10:00 a 10:50 Acondicionamento físico senior	10:30 a 11:20 Hipopresivos	10:00 a 10:50 Acondicionamento físico senior	10:30 a 11:20 Pilates 1	10:30 a 11:00 BEP 30´
11:00 a 11:50 Stretching	11:30 a 12:20 Zumba	10:30 a 11:00 GAP 30´	11:30 a 12:20 TBC	11:00 a 11:50 Stretching
		11:00 a 11:50 Stretching		11:10 a 11:40 GAP 30´
		11:10 a 12:00 Free Dance		11:45 a 12:35 Free Dance
17:30 a 18:20 Stretching	16:30 a 17:20 Zumba infantil (4 a 7 anos)	17:30 a 18:20 Stretching	17:30 a 18:20 loga	17:30 a 18:20 Stretching
19:00 a 19:50 Tonificación	17:30 a 18:20 Zumba infantil (8 a 14 anos)	18:50 a 19:20 BEP 30´	18:30 a 19:20 Espalda Sana	18:30 a 19:20 Free Dance
20:00 a 20:50 Free Dance	18:30 a 19:20 Zumba Gold	19:30 a 20:00 GAP 30´	19:30 a 20:20 Pilates 1	19:30 a 20:20 Tonificación
	18:30 a 19:20 Hipopresivos		19:30 a 20:20 Aerostep	
21:00 a 21:50 TBC	19:30 a 20:20 Pilates 1	20:00 a 20:50 Cross Training	20:30 a 21:20 Pilates 2	
	20:30 a 21:20 Pilates 2		20:30 a 21:20 Zumba	
	21:00 a 21:50 Aerostep	21:00 a 21:50 Cardio-Box	21:30 a 22:20 Zumba	

AQUAGYM				
LUNS	MARTES	MERCORES	XOVES	VENRES
	11:00 a 11:45		11:00 a 11:45	
21:00 a 21:45		21:00 a 21:45		

AQUAZUMBA				
LUNS	MARTES	MERCORES	XOVES	VENRES
	20:15 a 21:00			