

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	SÁBADO
	9:30 a 10:20 Pilates 2	9:00 a 9:50 loga	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	9:30 a 10:20 Zumba Gold	10:30 a 11:20 Free Dance	
10:30 a 11:20 TBC	11:30 a 12:20 Zumba	10:30 a 11:00 GAP 30´	10:30 a 11:20 Pilates 1	11:00 a 11:50 Stretching	11:00 a 11:50 loga para corredores
11:00 a 11:50 Stretching		11:00 a 11:50 Stretching		11:30 a 12:00 BEP 30´	
		11:10 a 12:00 Free Dance		12:05 a 12:35 GAP 30´	
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 loga	
20:00 a 20:50 Free Dance	18:30 a 19:20 Hipopresivos	19:30 a 20:00 GAP 30´	19:30 a 20:20 Pilates 1	19:30 a 20:20 Tonificación	
		20:00 a 20:50 Free Dance	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
			11:50 a 12:35	
	20:30 a 21:15			