



Concello  
de Ordes

## HORARIO DE FUNCIONAMENTO DA INSTALACIÓN:

DÍA	HORARIO
Luns a venres	8:00 a 14:00 e de 16:00 a 23:00 horas
Sábado	8:00 a 14:00 e de 16:00 a 21:00 horas
Domingo	9:30 a 14:00 horas

LUNS	MARTES	MERCORES	XOVES	VENRES
			9:20 a 10:10 Zumba Gold	
10:00 a 10:50 Acondicionamento físico senior	9:30 a 10:20 Pilates 1	10:00 a 10:50 Acondicionamento físico senior	9:30 a 10:20 Pilates 1	10:30 a 11:00 BEP 30´
10:00 a 10:50 TBC	10:30 a 11:20 Pilates 2	10:00 a 10:50 TBC	10:30 a 11:20 Pilates 2	11:10 a 11:40 GAP 30´
11:00 a 11:50 Stretching		11:00 a 11:50 Stretching	10:40 a 11:30 Zumba	11:00 a 11:50 Stretching
17:30 a 18:20 Stretching		17:30 a 18:20 Stretching		17:30 a 18:20 Stretching
19:00 a 19:50 Tonificación		18:40 a 19:10 BEP 30´		
	19:30 a 20:20 Pilates 1	19:20 a 19:50 GAP 30´	19:30 a 20:20 Pilates 1	19:00 a 19:50 TBC
20:00 a 20:50 Core Training	20:15 a 21:05 Zumba	20:00 a 20:50 TBC	20:15 a 21:05 Zumba	
	20:30 a 21:20 Pilates 2	20:00 a 20:50 Cross Training	20:30 a 21:20 Pilates 2	
21:00 a 21:50 Cross Training		21:00 a 21:50 Core Training		

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		21:00 a 21:45

Teléfono da instalación: 981697537