

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

ACTIVIDADES SALA					
LUNS	MARTES	MERCORES	XOVES	VENRES	SÁBADO
	9:30 a 10:20 Pilates 2		9:30 a 10:20 Hipopresivos		
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 GAP 30´	10:30 a 11:30 Natación en familia
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	11:10 a 12:00 Free Dance	
		11:00 a 11:50 Stretching		11:30 a 12:20 Stretching	
		11:10 a 12:00 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 Stretching	
19:00 a 19:50 Tonificación	17:30 a 18:20 Zumba infantil (8 a 14 anos)	18:30 a 19:20 Fitness Senior	18:30 a 19:20 Espalda Sana	18:30 a 19:20 Fitness Senior	
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 Free Dance	
21:20 a 22:10 Aerostep	19:30 a 20:20 Pilates 1	20:00 a 20:50 Cross Training	20:30 a 21:20 Zumba	20:30 a 21:20 Tonificación	
	20:30 a 21:20 Pilates 2	21:00 a 21:50 Cardio-Box	21:30 a 22:20 Zumba	20:45 a 21:35 Pilates 2	
	20:30 a 21:20 Aerostep				

AQUAGYM				
LUNS	MARTES	MERCORES	XOVES	VENRES
	11:30 a 12:15		10:30 a 11:15	
21:00 a 21:45		21:00 a 21:45		

AQUAZUMBA				
LUNS	MARTES	MERCORES	XOVES	VENRES
	20:30 a 21:15			