

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	SÁBADO
		9:00 a 9:50 loga	9:20 a 10:10 Zumba Gold	9:30 a 10:20 loga	10:00 a 10:50 loga deportistas
10:00 a 10:50 Acondicionamento físico senior	9:30 a 10:20 Pilates 2	10:00 a 10:50 Acondicionamento físico senior	9:30 a 10:20 Hipopresivos	10:30 a 11:20 Free Dance	
10:30 a 11:20 TBC	10:30 a 11:20 Hipopresivos	10:40 a 11:10 GAP 30´	10:30 a 11:20 Pilates 1	11:00 a 11:50 Stretching	
11:00 a 11:50 Stretching		11:00 a 11:50 Stretching	10:40 a 11:30 Zumba	11:30 a 12:00 BEP 30´	
11:30 a 12:20 Cardiostep		11:20 a 12:10 Free Dance		12:10 a 12:40 GAP 30´	
			16:30 a 17:20 Zumba infantil (4 a 8 anos)		
17:30 a 18:20 Stretching		17:30 a 18:20 Stretching	loga 18:30 a 19:20	17:30 a 18:20 Stretching	
19:00 a 19:50 Tonificación	loga 18:30 a 19:20	18:40 a 19:10 BEP 30´	18:30 a 19:20 Hipopresivos		
20:00 a 20:50 Free Dance	19:30 a 20:20 Pilates 1	19:20 a 19:50 GAP 30´	19:30 a 20:20 Pilates 1		
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		
21:00 a 21:50 TBC	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