

HORARIO DE FUNCIONAMENTO DA INSTALACIÓN:

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

LUNS	MARTES	MERCORES	XOVES	VENRES
	9:00 a 9:45 Pilates 1		9:00 a 9:45 Pilates 1	
9:30 a 10:20 TBC	9:30 a 10:20 Zumba	9:30 a 10:20 TBC	09:30 a 10:20 Zumba	9:30 a 10:20 TBC
10:00 a 10:50 Acondicionamento físico senior		10:00 a 10:50 Acondicionamento físico senior		
	10:00 a 10:45 Pilates 2		10:00 a 10:45 Pilates 2	
11:00 a 11:45 Stretching		11:00 a 11:45 Stretching		11:00 a 11:45 Stretching
17:15 a 18:00 Stretching		17:15 a 18:00 Stretching		17:15 a 18:00 Stretching
19:00 a 19:50 TBC	19:00 a 19:45 Pilates 1	19:00 a 19:50 TBC	19:00 a 19:45 Pilates 1	19:30 a 20:20 TBC
20:00 a 20:50 Core Training	20:00 a 20:50 Zumba	20:00 a 20:50 Cross Training	20:00 a 20:50 Zumba	20:30 a 21:15 Pilates
	20:00 a 20:45 Pilates 2		20:00 a 20:45 Pilates 2	
21:00 a 21:50 Cross Training	21:00 a 21:50 Body Pump	21:00 a 21:50 Core Training	21:00 a 21:50 Body Pump	

AQUAGYM

LUNS	MARTES	MERCORES	XOVES	VENRES
	11:00-11:45 Aquagym		11:00-11:45 Aquagym	10:00-10:45 Aquagym
21:00-21:45 Aquagym		21:00-21:45 Aquagym		21:00-21:45 Aquagym

