



CONCELLO DE ORDES

(A CORUÑA)

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

CLASES DIRIXIDAS

LUNS	MARTES	MÉRCORES	XOVES	VENRES
	ZUMBA GOLD 9:20 A 10:10		ZUMBA GOLD 9:20 A 10:10	
ACONDICIONAMENTO FÍSICO SENIOR 10:00 A 10:50	PILATES 1 9:30 A 10:20	ACONDICIONAMENTO FÍSICO SENIOR 10:00 A 10:50	PILATES 1 9:30 A 10:20	TBC 10:30 A 11:20
TBC 10:00 A 10:50	ZUMBA 10:20 A 11:10	TBC 10:00 A 10:50	ZUMBA 10:20 A 11:10	STRECHING 11:00 A 11:50
STRECHING 11:00 A 11:50	PILATES 2 10:30 A 11:20	STRECHING 11:00 A 11:50	PILATES 2 10:30 A 11:20	
	AQUAGYM 11:00 A 11:45		AQUAGYM 11:00 A 11:45	



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STRECHING 17:30 A 18:20		STRECHING 17:30 A 18:20		STRECHING 17:30 A 18:20
TONIFICACIÓN 19:00 A 19:50	PILATES I 19:15 A 20:05	TBC 19:30 A 20:15	PILATES 1 19:15 A 20:05	TBC 19:30 A 20:15
CORE TRAINIG 20:00 A 20:50	ZUMBA 20:15 A 21:05	CROSS TRAINIG 20:00 A 20:50	ZUMBA 20:15 A 21:05	
CROSS TRAINIG 21:00 A 21:50	PILATES 2 20:30 A 21:20	CORE TRAINIG 21:00 A 21:50	PILATES 2 20:30 A 21:20	
AQUAGYM 21:00 A 21:45	BODY PUMP 21:15 A 22:00	AQUAGYM 21:00 A 21:45	BODYPUMP 21:15 A 22:00	AQUAGYM 21:00 A 21:45