

## 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		9:20 a 10:10 Zumba Gold	
10:00 a 10:50 Acondicionament ofísico senior	9:30 a 10:20 Pilates 1	10:00 a 10:50 Acondicionamento físico senior	9:30 a 10:20 Pilates 1	10:00 a 10:50 TBC
10:00 a 10:50 TBC		10:00 a 10:50 TBC		
	10:20 a 11:10 Zumba		10:20 a 11:10 Zumba	
11:00 a 11:50 Stretching	10:30 a 11:20 Pilates 2	11:00 a 11:50 Stretching	10:30 a 11:20 Pilates 2	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	19:15 a 20:05 Pilates 1	19:00 a 19:50 TBC	19:15 a 20:05 Pilates 1	19:30 a 20:20 TBC
20:00 a 20:50 Core Training	20:15 a 21:05 Zumba	20:00 a 20:50 Cross Training	20:15 a 21:05 Zumba	
	20:30 a 21:20 Pilates 2		20:30 a 21:20 Pilates 2	
21:00 a 21:50 Cross Training	21:15 a 22:05 Body Pump	21:00 a 21:50 Core Training	21:15 a 22:05 Body Pump	

AQUAGYM				
LUNS	MARTES	MERCORES	XOVES	VENRES
	11:10 a 11:55		11:10 a 11:55	
21:00 a 21:45		21:00 a 21:45		21:00 a 21:45

**Teléfono da instalación: 981697537**