

HORARIO DE FUNCIONAMENTO DA INSTALACIÓN:

DÍA	HORARIO
Luns a venres	8:00 a 14:00 e de 16:00 a 22:30 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		9:30 a 10:20 loga	
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	10:00 a 10:50 loga para deportistas
10:30 a 11:20 TBC		10:40 a 11:10 GAP 30´	9:20 a 10:10 Zumba Gold	11:00 a 11:50 Stretching	
11:00 a 11:50 Stretching	10:30 a 11:20 Hipopresivos	11:00 a 11:50 Stretching	10:30 a 11:20 Pilates 1	11:30 a 12:00 BEP 30´	
11:30 a 12:20 Cardiostep		11:20 a 12:10 Free Dance	10:40 a 11:30 Zumba	12:10 a 12:40 GAP 30´	
	16:30 a 17:20 Zumba infantil (4 a 7 anos)				
17:30 a 18:20 Stretching	17:30 a 18:20 Zumba infantil (8 a 14 anos)	17:30 a 18:20 Stretching	17:30 a 18:20 loga	17:30 a 18:20 Stretching	
19:00 a 19:50 Tonificación	18:30 a 19:20 Hipopresivos	18:40 a 19:10 BEP 30´	18:30 a 19:20 Espalda Sana		
20:00 a 20:50 Free Dance	19:10 a 20:00 loga				
20:15 a 21:05 Core Training	19:30 a 20:20 Pilates 1	19:20 a 19:50 GAP 30´	19:30 a 20:20 Pilates 1	19:30 a 20:20 TBC	
21:15 a 22:05 Cross Training	20:15 a 21:05 Zumba	20:00 a 20:50 Cross Training	20:15 a 21:05 Zumba		
21:00 a 21:50 TBC	20:30 a 21:20 Pilates 2	21:00 a 21:50 Adestramento funcional	20:30 a 21:20 Pilates 2		

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