



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

LUNS	MARTES	MÉRCORES	XOVES	VENRES
			9:20 a 10:10 Zumba Gold	
10: 00 a 10.50 Acondicionamento físico senior	9:30 a 10:20 Pilates 1	10: 00 a 10.50 Acondicionamento físico senior	9:30 a 10:20 Pilates 1	10:30 a 11:00 BEP 30´
10:30 a 11:20 TBC	10:30 a 11:20 Pilates 2	10:30 a 11:20 TBC	10:30 a 11:20 Pilates 2	11:10 a 11:40 GAP 30´
11:00 a 11:50 Streching		11:00 a 11:50 Streching	10:40 a 11:30 Zumba	11:00 a 11:50 Streching
17:30 a 18:20 Streching		17:30 a 18:20 Streching		17:30 a 18:20 Streching
19:00 a 19:50 Tonificación		18:40 a 19:10 BEP 30´		
		19:20 a 19:50 GAP 30´		
20:00 a 20:50 Core Trainig	19:30 a 20:20 Pilates 1	20:00 a 20:50 TBC	19:30 a 20:20 Pilates 1	19:00 a 19:50 TBC
	20:15 a 21:05 Zumba	20:00 a 20:50 Cross Trainig	20:15 a 21:05 Zumba	
21:00 a 21:50 Cross Trainig	20:30 a 21:20 Pilates 2	21:00 a 21:50 Core Trainig	20:30 a 21:20 Pilates 2	

AQUAGYM

LUNS	MARTES	MÉRCORES	XOVES
	11:00 a 11:45		11:00 a 11:45
21:00 a 21:45		21:00 a 21:45	

Teléfono da instalación: 981697537