


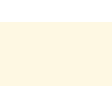
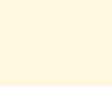
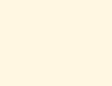











HORARIOS ACTIVIDADES MILLADOIRO 24-25

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
	09:00 10:00	 YOGA (SALA 4) R		09:00 10:00	 YOGA (SALA 4) R		09:15 10:00	 PILATES MÁQUINA (SALA 6) R		09:15 10:00	 PILATES MÁQUINA (SALA 6) R			
10:00 10:45	 CORRECTIVA (SALA 1) R		10:15 10:55	 ZUMBA fitness (SALA 1)		10:00 10:45	 CORRECTIVA (SALA 1) R		10:15 11:00	 PUMP (SALA 1)		10:00 10:45	 CORRECTIVA (SALA 1) R	
10:50 11:30	GAP (SALA 1)					10:50 11:30	JUMP (SALA 1)							
11:00 11:45	 PILATES (SALA 4) R		11:00 11:15	CORE 15' (SALA 1)		11:00 11:45	 PILATES (SALA 4) R		11:00 11:15	CORE 15' (SALA 1)		11:00 11:45	GAP (SALA 1)	
11:40 12:25	 PILATES MÁQUINA (SALA 6) R					11:40 12:25	 PILATES MÁQUINA (SALA 6) R							
14:15 15:00	 CROSTRaining (SALA 5)					14:15 15:00	CICLO INDOOR (SALA 2)							
18:00 18:55	 KÁRATE INF. (SALA 7) R		18:00 18:55	 KÁRATE INF. (SALA 8) R		18:00 18:55	 KÁRATE INF. (SALA 7) R		18:00 18:55	 KÁRATE INF. (SALA 7) R		18:00 18:55	 KÁRATE INF. (SALA 7) R	
17:45 18:30	 PILATES (SALA 4) R		18:00 18:45	 PILATES INICIACIÓN (SALA 4) R		17:45 18:30	 PILATES (SALA 4) R		18:00 18:45	 PILATES INICIACIÓN (SALA 4) R				
18:00 18:45	 PILATES MÁQUINA (SALA 6) R		18:00 19:00	 KRAV KIDS (SALA 7) R		18:00 18:45	 PILATES MÁQUINA (SALA 6) R							
18:00 18:40	CARDIO-TONO (SALA 1)					18:00 18:40	GAP (SALA 1)					18:25 19:10	CARDIO-TONO (SALA 1)	
18:35 19:20	 PILATES (SALA 4) R		18:45 19:30	 PILATES (SALA 4) R		18:35 19:20	 PILATES (SALA 4) R		18:45 19:30	 PILATES (SALA 4) R				
18:45 19:25	 PUMP (SALA 1)		19:00 20:00	 KÁRATE ADOL. (SALA 7) R		18:45 19:25	 PUMP (SALA 1)		19:00 20:00	 KÁRATE ADOL. (SALA 7) R		19:00 20:00	 KÁRATE ADOL. (SALA 7) R	
19:00 20:00	 YOGA INICIACIÓN (SALA 3) R		19:00 19:40	CICLO INDOOR (SALA 2)		19:00 20:00	 YOGA INICIACIÓN (SALA 3) R							
19:25 20:10	 PILATES MÁQUINA (SALA 6) R		19:35 20:20	 PILATES MÁQUINA (SALA 6) R		19:25 20:10	 PILATES MÁQUINA (SALA 6) R		19:35 20:20	 PILATES MÁQUINA (SALA 6) R				
19:35 20:15	 PUMP (SALA 1)		19:40 20:25	 PILATES (SALA 4) R		19:35 20:15	 ZUMBA fitness (SALA 1)		19:40 20:25	 PILATES (SALA 4) R				
20:00 21:00	 KRAV MAGA (SALA 7) R		19:50 20:30	 FUNCIONAL (SALA 5) R		20:00 21:00	 KRAV MAGA (SALA 7) R		19:50 20:30	 FUNCIONAL (SALA 5) R				
20:05 21:05	 YOGA (SALA 4) R		20:00 21:30	BAILE URBANO (SALA 1) R		20:05 21:05	 YOGA (SALA 4) R							
20:20 21:00	 ZUMBA fitness (SALA 1)		20:30 21:10	 PUMP (SALA 4)		20:20 21:00	 PUMP (SALA 1)							
20:15 21:00	 PILATES MÁQUINA (SALA 6) R		20:30 21:15	 PILATES MÁQUINA (SALA 6) R		20:15 21:00	 PILATES MÁQUINA (SALA 6) R		20:30 21:15	 PILATES MÁQUINA (SALA 6) R				
20:15 21:15	 FUNCIONAL (SALA 5)		20:30 22:00	 KÁRATE ADULTOS (SALA 8) R		20:15 21:15	 FUNCIONAL (SALA 5)		20:30 22:00	 KÁRATE ADULTOS (SALA 8) R				
			20:30 22:00	JIU JITSU (SALA 7) R					20:30 22:00	JIU JITSU (SALA 7) R				
21:00 21:30	 Low Pressure Fitness Hypopressives (SALA 1) R		21:10 21:45	GAP (SALA 4)		21:00 21:30	 Low Pressure Fitness Hypopressives (SALA 1) R		20:40 21:15	GAP (SALA 4)				
21:15 22:00	 PILATES (SALA 4) R		21:15 22:00	 PILATES MÁQUINA (SALA 6) R		21:15 22:00	 PILATES (SALA 4) R		21:15 22:00	 PILATES MÁQUINA (SALA 6) R				

SÁBADO	12:00 12:45	 FUNCIONAL (SALA 5)
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* Las actividades marcadas con R son actividades con reserva de plaza

* Este horario puede estar sujeto a modificaciones