

HORARIOS ACTIVIDADES MILLADOIRO 2026-27

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
			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	 (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)													
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						
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			
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 18:45	PILATES MÁQUINA (SALA 6)	R	18:00 18:40	GAP (SALA 1)		18:00 18:45	PILATES MÁQUINA (SALA 6)	R	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)		18:45 19:30	PILATES MÁQUINA (SALA 6)	R	18:45 19:25	 PUMP (SALA 1)		18:45 19:30	PILATES MÁQUINA (SALA 6)	R			
18:45 19:30	PILATES MÁQUINA (SALA 6)	R	19:00 19:40	CICLO INDOOR (SALA 2)		18:45 19:30	PILATES MÁQUINA (SALA 6)	R						
19:00 20:00	 KÁRATE COMP. (SALA 7)	R	19:00 20:00	 KÁRATE ADOL. (SALA 7)	R	19:00 20:00	 KÁRATE COMP. (SALA 7)	R	19:00 20:00	 KÁRATE ADOL (SALA 7)	R			
19:30 20:15	PILATES MÁQUINA (SALA 6)	R	19:35 20:20	PILATES MÁQUINA (SALA 6)	R	19:30 20:15	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	 (SALA 1)		19:40 20:25	 PILATES (SALA 4)	R			
20:00 20:30	HIIT (SALA 4)					19:45 20:30	CICLO INDOOR (SALA 2)							
20:00 21:00	 KRAV MAGA (SALA 7)	R	19:50 20:30	 FUNCIONAL (SALA 5)		20:00 21:00	 KRAV MAGA (SALA 7)	R	19:50 20:30	 FUNCIONAL (SALA 5)		20:00 20:30	HIIT (SALA 1)	
20:20 21:00	 (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 21:00	 FUNCIONAL (SALA 5)		20:30 22:00	 KÁRATE ADULTOS (SALA 8)	R	20:15 21:00	 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			

* Las actividades marcadas con R son actividades con reserva de plaza

* Este horario puede estar sujeto a modificaciones