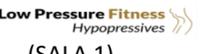


# HORARIOS ACTIVIDADES MILLADOIRO 2025-26

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

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

\* Este horario puede estar sujeto a modificaciones