HORARIOS ACTIVIDADES MILLADOIRO 2026-27

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	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)					
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)	12:30 13:15 DANZA INFANTIL (SALA 3) R
11:40 12:25 PILATES MÁQUINA (SALA 6) R		11:40 12:25 PILATES MÁQUINA (SALA 6) R			
		16:30 17:15 DANZA INFANTIL (SALA 3) 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 INICIAC. (SALA 4) R	17:45 18:30 PILATES (SALA 4) R	18:00 18:45 PILATES INICIAC. (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 ZUMBA fitness (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 ZUMBA fitness (SALA 1)	20:30 21:10 PUMP (SALA 1)	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 1)	21:00 21:30 Low Pressure Fitness Hypopressives (SALA 1) R	20:40 21:15 GAP (SALA 1)		
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