

# HORARIOS ACTIVIDADES MILLADOIRO 2023-24

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
	09:00 10:00	<b>YOGA</b> (SALA 4) R		09:00 10:00	<b>YOGA</b> (SALA 4) R		09:00 10:00	<b>YOGA</b> (SALA 4) R		09:15 10:00	<b>PILATES MÁQUINA</b> (SALA 6) R		09:15 10:00	<b>PILATES MÁQUINA</b> (SALA 6) R
10:00 10:30	<b>Low Pressure Fitness Hypopressives</b> (SALA 4) R			10:00 10:30	<b>Low Pressure Fitness Hypopressives</b> (SALA 4) R									
10:00 10:45	<b>CORRECTIVA</b> (SALA 1) R		10:15 11:00	<b>ZUMBA fitness</b> (SALA 1) R		10:00 10:45	<b>CORRECTIVA</b> (SALA 1) R		10:15 11:00	<b>ZUMBA fitness</b> (SALA 1) R		10:00 10:45	<b>CORRECTIVA</b> (SALA 1) R	
10:50 11:30	<b>JUMP</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							
			14:15 15:00	<b>CROSSTRaining</b> (SALA 5)					14:15 15:00	<b>CROSSTRaining</b> (SALA 5)				
18:00 18:55	<b>KÁRATE INF.</b> (SALA 7) R		18:00 18:55	<b>KÁRATE INF.</b> (SALA 1) 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 18:45	<b>PILATES MÁQUINA</b> (SALA 6) R				
18:25 19:10	<b>CARDIO-TONO</b> (SALA 1) R		18:00 19:00	<b>KRAV KIDS</b> (SALA 7) R		18:25 19:10	<b>CARDIO-TONO</b> (SALA 1) R					18:25 19:10	<b>CARDIO-TONO</b> (SALA 1) R	
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				
19:00 20:00	<b>YOGA INICIACIÓN</b> (SALA 3) R					19:00 20:00	<b>YOGA INICIACIÓN</b> (SALA 3) R					19:00 20:00	<b>KÁRATE INF.</b> (SALA 7) R	
			19:00 20:00	<b>KÁRATE INF.</b> (SALA 7) R					19:00 20:00	<b>KÁRATE INF.</b> (SALA 7) R				
			19:00 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				
			19:40 20:25	<b>PILATES</b> (SALA 4) R					19:40 20:25	<b>PILATES</b> (SALA 4) R				
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)				
20:05 20:45	<b>PUMP</b> (SALA 1)		19:25 20:10	<b>ZUMBA fitness</b> (SALA 1) R		20:05 20:45	<b>PUMP</b> (SALA 1)		19:25 20:10	<b>ZUMBA fitness</b> (SALA 1) R				
20:05 21:05	<b>YOGA</b> (SALA 4) R		20:15 21:00	<b>ZUMBA fitness</b> (SALA 1) R		20:05 21:05	<b>YOGA</b> (SALA 4) R		20:15 21:00	<b>ZUMBA fitness</b> (SALA 1) 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 21:00	<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 8) R		20:15 21:15	<b>FUNCIONAL</b> (SALA 5)		20:30 22:00	<b>KÁRATE ADULTOS</b> (SALA 8) R				
			20:40 21:15	<b>GAP</b> (SALA 4)					20:40 21:15	<b>GAP</b> (SALA 4)				
			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 Hypopressives</b> (SALA 1) R					21:00 21:30	<b>Low Pressure Fitness Hypopressives</b> (SALA 1) R							
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				
<b>SÁBADO</b>			10:00 12:00	<b>KRAV MAGA MUJERES</b> (SALA 7) R		12:00 12:45	<b>FUNCIONAL</b> (SALA 5)							

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

\* Este horario puede estar sujeto a modificaciones