

# HORARIO DE ACTIVIDADES DIRIGIDAS JULIO 2021

| Hora  | LUNES          | MARTES        | MIÉRCOLES        | JUEVES           | VIERNES    | Hora  |
|-------|----------------|---------------|------------------|------------------|------------|-------|
| 08:00 | SPINNING       |               | SPINNING         |                  | SPINNING   | 08:00 |
| 08:15 | AQUAGYM        |               | AQUAGYM          |                  | AQUAGYM    | 08:15 |
| 08:30 | PILATES BARRA  |               | PILATES BARRA    |                  |            | 08:30 |
| 09:00 | AQUAGYM        | AQUAGYM       | AQUAGYM          | AQUAGYM          | AQUAGYM    | 09:00 |
|       |                | PILATES       |                  | PILATES          |            |       |
| 09:15 | ZUMBA          |               | STEP             | GAP              | BODY POWER | 09:15 |
| 09:30 | YOGA           |               | YOGA             |                  | PILATES    | 09:30 |
|       | SPINNING       | SPINNING      | SPINNING         | SPINNING         |            |       |
| 09:45 | AQUAGYM        | AQUAGYM       | AQUAGYM          | AQUAGYM          | AQUAGYM    | 09:45 |
| 10:00 |                | PILATES       |                  | PILATES          |            | 10:00 |
| 10:15 | BODY POWER     | GAP           | ZUMBA            | CIRCUIT TRAINING |            | 10:15 |
| 10:30 | AQUAGYM        |               | AQUAGYM          |                  |            | 10:30 |
|       | PILATES        |               |                  |                  |            |       |
| 11:15 |                | AQUAGYM       |                  | AQUAGYM          |            | 11:15 |
| 11:30 | PILATES        | PILATES       | PILATES          | PILATES          |            | 11:30 |
| 14:00 |                |               | CIRCUIT TRAINING |                  |            | 14:00 |
| 14:15 |                | CORE (30')    |                  | HIIT (30')       |            | 14:15 |
| 15:00 |                | AQUAGYM       |                  | AQUAGYM          |            | 15:00 |
| 15:30 | SPINNING       | PILATES       | PILATES BARRA    | PILATES          |            | 15:30 |
| 17:30 | CORE+HIIT      | BODY POWER    | DANCE WITH ME!   |                  | BODYFIT    | 17:30 |
| 18:00 | PELVICUM (30') | FASCIAS (30') | PELVICUM (30')   | FASCIAS (30')    |            | 18:00 |
| 18:30 | PILATES        | YOGA          | PILATES          | YOGA             | PILATES    | 18:30 |
|       | SLIDER         | GAP           | STEP             | STEP             |            |       |
| 19:15 | AQUAGYM        |               | AQUAGYM          |                  |            | 19:15 |
|       |                |               | SPINNING         |                  |            |       |
| 19:30 | YOGA           | PILATES       | YOGA             | PILATES          |            | 19:30 |
|       | SPINNING       | AQUAGYM       |                  | AQUAGYM          |            |       |
|       | DANCE WITH ME! | BODYFIT       | GAP              | BODYPOWER        |            |       |
| 20:00 |                | SPINNING      |                  | SPINNING         |            |       |
| 20:30 | PILATES        | PILATES       | PILATES          | PILATES          |            |       |

PARA ACCEDER A CUALQUIER ACTIVIDAD DIRIGIDA ES IMPRESCINDIBLE RESERVAR LA PLAZA DESDE UN DÍA ANTES DEL COMIENZO DE LA ACTIVIDAD A TRAVÉS DE NUESTRA APP (TRAININGYM), PÁGINA WEB O TELEFÓNICAMENTE.

LAS CLASES DIRIGIDAS TIENEN UNA DURACIÓN DE 45 MINUTOS, A EXCEPCIÓN DE QUE SE INDIQUE LO CONTRARIO.

LOS HORARIOS Y ENTRENADORES PODRÁN SER MODIFICADOS POR RAZONES ORGANIZATIVAS.

|         |            |           |
|---------|------------|-----------|
| SALA 1  | SALA 2     | SALA 3    |
| PISCINA | SALA CICLO | LA QUART4 |



@PiscinaAlboraya



[www.piscinamunicipalalboraya.com](http://www.piscinamunicipalalboraya.com)

[info@piscinamunicipalalboraya.com](mailto:info@piscinamunicipalalboraya.com)

Tlf.96 186 42 54