

TARIFA PLANA - CURSO 25/26

HORARIO ACTIVIDADES DIRIGIDAS Y ESCUELAS DEPORTIVAS

	LUNES	MARTES			MIÉRCOLES	JUEVES			VIERNES			
10:30 11:30	BODYFITNESS				BODYFITNESS							
11:30 12:30	FUNCTIONAL	FUNCTIONAL	PILATES	BODYFITNESS (CAMPUS EJIDO)	FUNCTIONAL	FUNCTIONAL	PILATES	BODYFITNESS (CAMPUS EJIDO)	FUNCTIONAL			
12:30 13:15		GAP		GAP (CAMPUS EJIDO)		GAP		GAP (CAMPUS EJIDO)				
12:30 13:30	PILATES	FUNCTIONAL			PILATES	FUNCTIONAL			PILATES			
13:30 14:30				PILATES (CAMPUS EJIDO)				PILATES (CAMPUS EJIDO)				
14:30 15:30	BODYFITNESS	FUNCTIONAL	BODYFITNESS	FUNCTIONAL	BODYFITNESS	FUNCTIONAL	BODYFITNESS	FUNCTIONAL	FUNCTIONAL			
15:30 16:30	GAP 15:30-16:15				BODYFITNESS (CAMPUS EJIDO)	GAP 15:30-16:15		BODYFITNESS (CAMPUS EJIDO)	GAP 15:30-16:15			
16:30 17:30	FUNCTIONAL	PILATES	CICLO UMA	PILATES	GAP (CAMPUS EJIDO) 16:30-17:15	FUNCTIONAL	PILATES	CICLO UMA	PILATES	GAP (CAMPUS EJIDO) 16:30-17:15	FUNCTIONAL	PILATES
17:30 18:30	PILATES		BODYFITNESS		PILATES (CAMPUS EJIDO)	PILATES		BODYFITNESS		PILATES (CAMPUS EJIDO)	PILATES	
18:30 19:30	ZUM UMA DANCE	FUNCTIONAL				ZUM UMA DANCE	FUNCTIONAL					
19:30 20:30	FUNCTIONAL	AIKIDO	FUNCTIONAL			FUNCTIONAL	AIKIDO	FUNCTIONAL				
20:30 21:30			IAIDO					IAIDO				

Horario de CARDIOVASCULAR (1h.30m.) - NADO LIBRE (1 hora) - PISTA DE ATLETISMO-CIRCUITO NATURAL-GIMNASIO EXTERIOR-CALISTENIA (1 hora).

De 08:30 a 21:30, de lunes a viernes; de 09:00 a 14:00, los sábados.

Horario de CURSO UMA NATACIÓN ADULTOS (1 hora)

08:30-09:30, 09:30-10:30, 10:30-11:30, 14:30-15:30, 15:30-16:30, 19:30-20:30, 20:30-21:30, de lunes a viernes.