

# ACTIVIDADES ADULTOS - Curso 2021 / 2022

|                      | DIA       | HORARIO                     | PRECIO TRIMESTRE                                  |
|----------------------|-----------|-----------------------------|---|
| AQUAFITNESS          | M - J     | 10,00 a 10,45               | 75,- €  |
| BAILES SALON         | MIERCOLES | 19,45 a 20,45<br>No socios: | 75,- €<br>150,- €                                 |
| BODY TRAINNING       | SABADO    | 10,30 a 11,45               | 67,50 €   |
|                      | M - J     | 14,15 a 15,00               | 75,- €  |
|                      | VIERNES   | 15,15 a 16,00               | 37,50 €   |
|                      | M - J     | 19,00 a 19,45               | 75,- €  |
|                      | L - Mi    | 20,00 a 20,45               | 75,- €  |
| BOXEO                | M - J     | 13,45 a 15,15               | 60,- €  |
|                      | M - J     | 17,30 a 18,45               | 60,- €  |
|                      | M - J     | 18,45 a 19,50               | 60,- €  |
| CROSS TRAINNING      | L - Mi    | 14,15 a 15,00               | 75,- €  |
|                      | VIERNES   | 14,15 a 15,00               | 37,50 €   |
|                      | L - Mi    | 20,00 a 20,45               | 75,- €  |
|                      | M - J     | 20,00 a 20,45               | 75,- €  |
| CYCLING              | L - Mi    | 07,15 a 08,00               | 75,- €  |
|                      | VIERNES   | 07,15 a 08,00               | 37,50 €   |
|                      | M - J     | 09,00 a 09,45               | 75,- €  |
|                      | L - Mi    | 14,15 a 15,00               | 75,- €  |
|                      | VIERNES   | 14,15 a 15,00               | 37,50 €   |
|                      | L - Mi    | 20,00 a 20,45               | 75,- €  |
|                      | M - J     | 20,00 a 20,45               | 75,- €  |
| ENTRENAM. FUNCIONAL  | L - Mi    | 09,00 a 09,45               | 75,- €  |
|                      | VIERNES   | 09,00 a 09,45               | 37,50 €   |
| ESPALDA SANA         | MIERCOLES | 11,00 a 11,50               | 126,- €   |
| G.A.P. & ABS         | M - J     | 15,15 a 16,00               | 75,- €  |
|                      | L - Mi    | 19,00 a 19,45               | 75,- €  |
| GIMNASIA INTELIGENTE | M - J     | 11,15 a 12,00               | 126,- € (1 día/semana)<br>181,- € (2 días/semana) |
| MULTIFITNESS         | VIERNES   | 19,00 a 19,45               | 37,50 €   |

|                               | DIA            | HORARIO       | PRECIO TRIMESTRE        |
|-------------------------------|----------------|---------------|-------------------------|
| NATACION Iniciación           | L - Mi         | 19,40 a 20,25 | 75,- €                  |
| NATACION Dirigida             | M - J          | 19,40 a 20,25 | 75,- €                  |
| NATACION "Travesía"           | M - J          | 14,00 a 14,45 | 90,- €                  |
|                               | L - Mi - J     | 19,30 a 20,15 | 90,- €                  |
| PADEL                         | MARTES         | 19,15 a 20,00 | 95,- €                  |
|                               | MARTES         | 20,00 a 20,45 | 95,- €                  |
| PILATES                       | M - J          | 07,30 a 08,20 |                         |
|                               | MIERCOLES      | 09,00 a 09,50 |                         |
|                               | M - J          | 10,15 a 11,05 | 126,- € (1 día/semana)  |
|                               | MIERCOLES      | 14,15 a 15,05 |                         |
|                               | L - Mi         | 17,00 a 17,50 | 181,- € (2 días/semana) |
|                               | M - J          | 18,00 a 18,50 |                         |
|                               | L - Mi         | 19,00 a 19,50 |                         |
| PILATES "Máquinas Reformador" | M - J          | 08,00 a 08,50 |                         |
|                               | M - J          | 09,00 a 09,50 |                         |
|                               | L - M - Mi - J | 10,00 a 10,50 | 126,- € (1 día/semana)  |
|                               | L - J          | 14,00 a 14,50 |                         |
|                               | MARTES         | 14,15 a 15,05 | 181,- € (2 días/semana) |
|                               | JUEVES         | 15,00 a 15,50 |                         |
|                               | L - Mi         | 15,30 a 16,20 |                         |
|                               | M - J          | 19,00 a 19,50 |                         |
| POSTURAL FIT                  | L - Mi         | 10,00 a 10,45 | 75,- €                  |
|                               | VIERNES        | 10,00 a 10,45 | 37,50 €                 |
| STRETCHING                    | M - J          | 10,00 a 10,45 | 75,- €                  |
| TAI - CHI                     | L - Mi         | 12,15 a 13,15 | 150,- €                 |
|                               | M - J          | 12,15 a 13,15 | 150,- €                 |
| TON & GAP                     | L - Mi         | 09,00 a 09,45 | 75,- €                  |
|                               | VIERNES        | 09,00 a 09,45 | 37,50 €                 |
| YOGA                          | LUNES          | 11,00 a 12,30 |                         |
|                               | MIERCOLES      | 11,00 a 12,30 | 90,- € (1 día/semana)   |
|                               | MIERCOLES      | 18,30 a 20,00 | 129,- € (2 días/semana) |
|                               | LUNES          | 19,30 a 20,45 |                         |
| ZUMBA                         | M - J          | 17,00 a 17,45 | 75,- €                  |