

### HORARIO ACTIVIDADES GIMNASIO MUNICIPAL

| MAÑANAS DE 9,00 A 12,00 HORAS | LUNES       | MARTES      | MIERCOLES   | JUEVES      | VIERNES     |
|-------------------------------|-------------|-------------|-------------|-------------|-------------|
| PILATES                       | 9,00/9,45   | 9,00/9,45   | 9,00/9,45   | 9,00/9,45   | 9,00/9,45   |
| PILATES EMBARAZADAS           | 10,00/10,45 | 10,45/11,30 | 10,45/11,30 | 10,45/11,30 | 10,45/11,30 |
| GIMNASIA ADAPTADA             | 11,15/12,00 | 11,15/12,00 | 11,15/12,00 | 11,15/12,00 | 11,15/12,00 |

| TARDES DE 17,00 A 19,00 HORAS            | LUNES                              | MARTES                           | MIERCOLES                          | JUEVES                           | VIERNES                            |
|------------------------------------------|------------------------------------|----------------------------------|------------------------------------|----------------------------------|------------------------------------|
| GIMNASIA ADAPTADA<br>PILATES EMBARAZADAS | PILATES EMBARAZADAS<br>17,00/17,45 | GIMNASIA ADAPTADA<br>17,00/17,45 | PILATES EMBARAZADAS<br>17,00/17,45 | GIMNASIA ADAPTADA<br>17,00/17,45 | PILATES EMBARAZADAS<br>17,00/17,45 |
| PILATES                                  | 18,00/18,45                        | 18,00/18,45                      | 18,00/18,45                        | 18,00/18,45                      | 18,00/18,45                        |

### HORARIOS ASOCIACIONES DEPORTIVAS

| TARDES DE 19,00 A 21,00 HORAS | LUNES       | MARTES      | MIERCOLES   | JUEVES      | VIERNES     |
|-------------------------------|-------------|-------------|-------------|-------------|-------------|
| PILATES                       |             | 19,00/20,00 |             | 19,00/20,00 |             |
| STEP                          | 20,00/21,00 |             | 20,00/21,00 |             | 20,00/21,00 |