Ayuntamiento de POZUELO DE ALARCÓN

# ACTIVIDADES COLECTIVAS FITNESS 2025

## EDIFICIO FITNESS CARLOS RUIZ

| | | LUNES | | | MARTES | | | MIÉRCOLES | | | JUEVES | | | VIERNES | | | SÁBADO | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| CUOTA | HORA | SALA 1 | SALA 2 | SALA FITNESS | SALA 1 | SALA 2 | SALA FITNESS | SALA 1 | SALA 2 | SALA FITNESS | SALA 1 | SALA 2 | SALA FITNESS | SALA 1 | SALA 2 | SALA FITNESS | SALA 1 | SALA 2 | HORA |
| MAÑANA | 8:00 | | | | | | | | | | | | | | | | | | 8:00 |
| | 8:30 | | CICLO INDOOR | | | CICLO INDOOR | | | CICLO INDOOR | | | CICLO INDOOR | | | | | | | 8:30 |
| | 9:00 | G.A.P. | | | T.SUPERI | | | G.A.P. | | | T.SUPERI | | | ABDOMEN | | | | | 9:00 |
| | 9:30 | MANTENI MIENTO | TONIFI CACIÓN | | TONIFI CACIÓN | PILATES | | MANTENI MIENTO | TONIFI CACIÓN | | TONIFI CACIÓN | PILATES | | MANTENIMI ENTO | TONIFI CACIÓN | | | | 9:30 |
| | 10:00 | | | | | | | | | | | | | | | | | | 10:00 |
| | 10:30 | E. FUNCIONAL | PILATES | | BALANCE | MANTENIMI ENTO SUAVE | | PILATES | Y O G A | | BALANCE | MANTENIMI ENTO SUAVE | | RITMO-FITNESS | PILATES | | YOGA-PILATES | | 10:30 |
| | 11:00 | | | | | | | | | | | | | | | | | | 11:00 |
| | 11:30 | | Y O G A | | ACTIVATE | STRECHING | | ESPALDA SANA SF | | | ACTIVATE | STRECHING | | | Y O G A | | | CICLO INDOOR | 11:30 |
| | 12:00 | | | | | | | | | | | | | | | | | | 12:00 |
| | 12:30 | HIITS | | | | CIRCUITO FUNCIONAL | | | E. FUNCIONAL SANDRA | | | CIRCUITO FUNCIONAL | | HIITS | | | TONIFI CACIÓN | | 12:30 |
| | 13:30 | | | | | | | | | | | | | | | | | | |
| | 14:00 | | | | | | | | | | | | | | | | | | 13:30 |
| | 14:30 | | PILATES | | FITNESS | | | | PILATES | | FITNESS | | | | FITNESS | | | | |
| | 15:00 | | | | | CICLO INDOOR | | | | | | CICLO INDOOR | | | CICLO INDOOR | | | | |
| | 15:30 | FITNESS | | | | | | FITNESS | | | | | | | | | | | |
| MEDIODÍA | 16;00 | STRECHING | | | | | | STRECHING | | | | | | | CIRCUITO FUNCIONAL EN SALA FITNESS | | | | 14:00 |
| | 16:30 | | E.EXPRESS | | | | | | E.EXPRESS | | | | | | | | | | 14:30 |
| | 17:00 | | | | HIITS | | | | | | HIITS | | | | | | | | 15:00 |
| | 17:30 | | Y O G A | | | YOGA-PILATES | | | Y O G A | | | YOGA-PILATES | | FITNESS | | | | | 15:30 |
| | 18:00 | ABDOMEN | | | | | | ABDOMEN | | | | | | | | | | | 16:00 |
| | 18:30 | MANTENIMI ENTO | RITMO-FITNESS | | STEEL BODY | PILATES | | MANTENIMI ENTO | RITMO-FITNESS | | STEEL BODY | PILATES | | | PILATES | | | | 16:30 |
| | 19:00 | | | | | | | | | | | | | | | | | | 17:00 |
| COMPLETA | 19:30 | PILATES | CICLO INDOOR | | TONIFI CACIÓN | CICLO INDOOR | | PILATES | CICLO INDOOR | | TONIFI CACIÓN | CICLO INDOOR | | TONIFI CACIÓN | | | | | 17:30 |
| | 20:00 | | | | | | | | | | | | | | | | | | 18:00 |
| | 20:30 | TONIFI CACION | | | | E. FUNCIONAL | | TONIFI CACION | | | | E. FUNCIONAL | | | | | | | 18:30 |
| | 21:00 | | | | | | | | | | | | | | | | | | 19:00 |
| | 21:30 | | | | | | | | | | | | | | | | | | 19:30 |
| | 22:00 | | | | | | | | | | | | | | | | | | 20:00 |
| | | | | | | | | | | | | | | | | | | | 20:30 |
| | | | | | | | | | | | | | | | | | | | 21:00 |
| | | | | | | | | | | | | | | | | | | | 21:30 |
| | | | | | | | | | | | | | | | | | | | 22:00 |