Concejalía de Actividad Física, Deporte y Salud
Excmo. Ayuntamiento de Gáldar

ACTIVIDADES DIRIGIDAS

CIUDAD DEPORTIVA VENANCIO MONZÓN MENDOZA

	LUNES		MARTES		MIERCOLES		JUEVES		VIERNES	
HORARIO	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2
8:00 - 8:30										
8:30 - 9:00	CROSS				CROSS				CROSS	
9:00 - 9:30	FITNESS				FITNESS				FITNESS	
9:30 - 10:00	CROSS		CROSS		CROSS		CROSS		CROSS	
10:00 - 10:30	FITNESS	STEP	FITNESS	CICLO	FITNESS	STEP	FITNESS	CICLO	FITNESS	STEP
10:30 - 11:00				INDOOR				INDOOR		
11:00 - 11:30	CROSS		CROSS		CROSS		CROSS		CROSS	
11:30 – 12:00	FITNESS		FITNESS		FITNESS		FITNESS		FITNESS	
13:30 -14:00	CROSS		CROSS		CROSS		CROSS		CROSS	
14:00 – 14:30	FITNESS		FITNESS		FITNESS		FITNESS		FITNESS	
18:00-19:00										
18:30 - 19:00	CROSS	CICLO	CROSS	STEP	CROSS	CICLO	CROSS	STEP	CROSS	
19:00 - 19:30	FITNESS	INDOOR	FITNESS		FITNESS	INDOOR	FITNESS		FITNESS	
19:30 - 20:00	CROSS	BALLET	CROSS	CICLO	CROSS	BALLET	CROSS	CICLO	CROSS	
20:00 - 20:30	FITNESS	ADULTO	FITNESS	INDOOR	FITNESS	ADULTO	FITNESS	INDOOR	FITNESS	
20:30 - 21:00	CROSS		CROSS		CROSS		CROSS		CROSS	
21:00 - 21:30	FITNESS		FITNESS		FITNESS		FITNESS		FITNESS	
21:30 -22:00										