



POLIDEPORTIVO MUNICIPAL DE VILLARCAYO



CLASES EN ABIERTO + ATENCIÓN SALA CURSO 2023-2024 (Desde 23 de octubre de 2023)

| | LUNES | | | | MARTES | | | | | MIÉRCOLES | | | | JUEVES | | | | | VIERNES | |
|-------|-------------------|--------------|---------|-------|----------------|-------------------|----------------|-------------|-------|------------------|---------|--------------|-------|-------------------|------------|---------|----------------|-------------------|------------|---------|
| | Sala Sumo | Sala Estadio | A. sala | | Sala Sumo | S. Estadio | A. sala | POLI SALA 2 | | S. Estadio | A. sala | POLI. SALA 1 | | Sala Sumo | S. Estadio | A. sala | POLI SALA 2 | | S. Estadio | A. sala |
| 9:00 | | | | 9:00 | | | | | 9:00 | | | | 9:00 | | | | | 9:00 | | |
| 9:15 | RITMOS LATINOS | | | 9:15 | CARDIOFIT | CICLO-INDOOR | | | 9:15 | CICLO-INDOOR | | | 9:15 | RITMOS LATINOS | | | | 9:15 | POSTAS FIT | |
| 9:30 | | | | 9:30 | | | | | 9:30 | | | | 9:30 | | | | | 9:30 | | |
| 9:45 | | | | 9:45 | | | | | 9:45 | | A. SALA | | 9:45 | | | | | 9:45 | | |
| 10:00 | | | | 10:00 | | | | | 10:00 | | | | 10:00 | | | | | 10:00 | | |
| 10:15 | AEROBIC DIVERTIDO | | | 10:15 | | DEPORTE DIVERTIDO | | | 10:15 | GAP | A. SALA | | 10:15 | AEROBIC DIVERTIDO | | | 10:15 | DEPORTE DIVERTIDO | A. SALA | |
| 10:30 | | | | 10:30 | | | | | 10:30 | | | | 10:30 | | | | 10:30 | | | |
| 10:45 | | | | 10:45 | | | | | 10:45 | | | | 10:45 | | | | 10:45 | | | |
| 11:00 | | | | 11:00 | | | | | 11:00 | | | | 11:00 | | | | 11:00 | | | |
| 11:15 | | | | 11:15 | | | | | 11:15 | | | | 11:15 | | | | 11:15 | | | |
| 11:30 | | | A. SALA | 11:30 | | | | | 11:30 | | | | 11:30 | | | | 11:30 | | | |
| 11:45 | | | | 11:45 | | | | | 11:45 | | | | 11:45 | | | | 11:45 | | | |
| 12:00 | | | | 12:00 | | | | | 12:00 | | | | 12:00 | | | | 12:00 | | | |
| 12:15 | | | | 12:15 | | | | | 12:15 | | | | 12:15 | | | | 12:15 | | | |
| 12:30 | | | | 12:30 | | | | | 12:30 | | | | 12:30 | | | | 12:30 | | | |
| 12:45 | | | | 12:45 | | | | | 12:45 | | | | 12:45 | | | | 12:45 | | | |
| 13:00 | | | | 13:00 | | | | | 13:00 | | | | 13:00 | | | | 13:00 | | | |
| 16:00 | | | | 16:00 | | | | | 16:00 | | | | 16:00 | | | | 16:00 | | | |
| 16:15 | | | | 16:15 | | | | | 16:15 | | | | 16:15 | | | | 16:15 | | | |
| 16:30 | | | | 16:30 | | | | | 16:30 | | | | 16:30 | | | | 16:30 | | | |
| 16:45 | | | | 16:45 | | | | | 16:45 | | | | 16:45 | | | | 16:45 | | | |
| 17:00 | | | | 17:00 | | | | | 17:00 | | | | 17:00 | | | | 17:00 | | | |
| 17:15 | | | | 17:15 | | | | | 17:15 | | | | 17:15 | | | | 17:15 | | | |
| 17:30 | | | | 17:30 | | | | | 17:30 | | | | 17:30 | | | | 17:30 | | | |
| 17:45 | | | | 17:45 | | | | | 17:45 | | | | 17:45 | | | | 17:45 | | | |
| 18:00 | | | | 18:00 | | | | | 18:00 | | | | 18:00 | | | | 18:00 | | | |
| 18:15 | | | | 18:15 | | | | | 18:15 | | | | 18:15 | | | | 18:15 | | | |
| 18:30 | | | | 18:30 | | | | | 18:30 | | | | 18:30 | | | | 18:30 | | | |
| 18:45 | | | | 18:45 | | | | | 18:45 | | | | 18:45 | | | | 18:45 | | | |
| 19:00 | | | | 19:00 | | | | | 19:00 | | | | 19:00 | | | | 19:00 | | | |
| 19:15 | | | | 19:15 | | | | | 19:15 | | | | 19:15 | | | | 19:15 | | | |
| 19:30 | | PUMP FITNESS | | 19:30 | KICK BOXING | CICLO-INDOOR | A. SALA | | 19:30 | | A. SALA | | 19:30 | KICK BOXING | BODY STEP | A. SALA | 19:30 | CARDIOFIT | | |
| 19:45 | | | | 19:45 | | | | | 19:45 | | | | 19:45 | | | | 19:45 | | | |
| 20:00 | | | | 20:00 | | | | | 20:00 | | | | 20:00 | | | | 20:00 | | | |
| 20:15 | | | | 20:15 | | | | | 20:15 | | | | 20:15 | | | | 20:15 | | | |
| 20:30 | XUMBA VILLARCAYO | CICLO-INDOOR | | 20:30 | RITMOS LATINOS | PUMP FITNESS | CROSS TRAINING | | 20:30 | XUMBA VILLARCAYO | | CARDIOFIT | 20:30 | RITMOS LATINOS | CICLO-GAP | A. SALA | CROSS TRAINING | | A. SALA | |
| 20:45 | | | | 20:45 | | | | | 20:45 | | | | 20:45 | | | | 20:45 | | | |
| 21:00 | | | | 21:00 | | | | | 21:00 | | | | 21:00 | | | | 21:00 | | | |
| 21:15 | | | | 21:15 | | | | | 21:15 | | | | 21:15 | | | | 21:15 | | | |
| 21:30 | | | | 21:30 | | | | | 21:30 | | | | 21:30 | | | | 21:30 | | | |
| 21:45 | | | | 21:45 | | | | | 21:45 | | | | 21:45 | | | | 21:45 | | | |
| 22:00 | | | | 22:00 | | | | | 22:00 | | | | 22:00 | | | | 22:00 | | | |
| | LUNES | | | | MARTES | | | | | MIÉRCOLES | | | | JUEVES | | | | | VIERNES | |

Horario apertura polideportivo: Lunes a Viernes de 9 a 22 horas y Sábados de 9 a 14 horas. Monitor en sala intermitente en función de clases y días. Las salas tienen que estar despejadas 15 minutos antes del cierre