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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **HORARIOS PROVISIONAIS DE ACTIVIDADES CURSO 23/24** | | | | | | | | | | | | | | | |
|  | **GRUPO** | **16:00** | **17:00** | | | | **18:00** | | **19:00** | | **20:00** | | **21:00** | | |
| **LUNS** | **INFANTIL** | **JUDO** | **JUDO** | | | | **MULTIDEP.** | |  | |  | |  | | |
| **3ª IDADE** | **XIMNASIA 3ª I** | **XIMNASIA 3ª I** | | | |  | |  | |  | |  | | |
| **ADULTOS** |  |  | | **PILATES** | | | **PILATES** | | **PILATES** | | **PILATES**  **ZUMBA** | | | **PILATES** | |
|  |  |  |  | | |  | | | | |  | |  | | |
| **MARTES** | **INFANTIL** |  |  | | | **PREDEPORTE** | | |  | |  | |  | | |
| **3ª IDADE** | **MEMORIA** |  | | |  | | |  | |  | |  | | |
| **ADULTOS** |  |  | | |  | | | **IOGA** | | **IOGA** | |  | | |
|  |  |  |  | | |  | | |  | | | **TONIFICAC.** | | |  |
|  |  |  |  | | |  | | |  | |  | |  | | |
| **MÉRCORES** | **INFANTIL** | **JUDO** | **JUDO** | | | **MULTIDEP.** | | |  | |  | |  | | |
| **3ª IDADE** |  |  | | |  | | |  | |  | |  | | |
| **ADULTOS** |  |  | | **PILATES** | | | **PILATES** | | **PILATES** | | **PILATES**  **ZUMBA** | | | **PILATES** | |
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| **XOVES** | **INFANTIL** |  |  | | |  | | |  | |  | | |  | |
| **3ª IDADE** | **XIMNASIA 3ª I** | **XIMNASIA 3ª I** | | | **PREDEPORTE** | | |  | |  | | |  | |
| **ADULTOS** |  |  | | |  | | | **IOGA** | | **IOGA** | | |  | |
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| **VENRES** | **INFANTIL** | **PATINAXE** | | | | | | |  | |  | | |  | |
| **3ª IDADE** | **MEMORIA** | |  | | |  | |  | |  | | |  | |
| **ADULTOS** |  | |  | | |  | |  | |  | | |  | |

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| **SÁBADO** | **INFANTIL** | **POLA MAÑÁ.- DUATLÓN** |