

HORARIOS OCTUBRE SIGLO XXI

De lunes a viernes: de 07:00 a 23:00h

Sábados: de 08:00 a 20:00h

Domingos y festivos: de 08:00 a 14:00h

CUERPO Y MENTE

ACUÁTICAS

TONIFICACIÓN

CARDIOVASCULARES

COREOGRAFIADAS

JUNIOR Y FAMILIARES

SENIOR

RAQUETA

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | HORA |
|-------|-------------------|-------------------|-------------------|-------------------|--------------------|--------------|---------------|-------|
| 07:15 | S1 B. PUMP | SC CICLO | S2 CROSS TRAINING | SC CICLO | | | | 07:15 |
| 08:00 | ZM ABDOMINALES | ZM FUNCIONAL | | | | | | 08:00 |
| 08:15 | | | SC CICLO | | | | | 08:15 |
| 08:30 | S1 AF-MAYORES | S1 B. PUMP | S2 PILATES | S1 AF-MAYORES | S1 AF-MAYORES | | | 08:30 |
| 08:30 | SC CICLO | PI AQUAFITNESS | | PI AQUAFITNESS | | | | 08:30 |
| 09:00 | S2 B. BALANCE | S2 PILATES | | S2 CROSS TRAINING | SC CICLO | SC CICLO | SC CICLO | 09:00 |
| 09:00 | | | | | S2 PILATES | | | 09:00 |
| 09:15 | | | S1 B. COMBAT | | | | | 09:15 |
| 09:30 | ZM FUNCIONAL | S1 B. ATTACK | | | | | | 09:30 |
| 09:30 | S1 B. PUMP | SC CICLO | S2 B. BALANCE | SC CICLO | S1 B. PUMP | S2 PILATES | S1 B. ATTACK | 09:30 |
| 09:45 | | | | S1 SH'BAM | | | | 09:45 |
| 10:00 | | ZM ABDOMINALES | | | ZM ESTIRAMIENTOS | | | 10:00 |
| 10:00 | SC CICLO | S2 YOGA | | S2 B. BALANCE | | S1 B. PUMP | S2 B. BALANCE | 10:00 |
| 10:00 | S2 PILATES | | | | PI AQUAFITNESS | | | 10:00 |
| 10:15 | | | S1 B. PUMP | | | | | 10:15 |
| 10:30 | | | | ZM ESTIRAMIENTOS | | | | 10:30 |
| 10:30 | S1 ZUMBA | S1 STEP | SC CICLO | S1 GAP | S1 ZUMBA | SC CICLO | S1 B. PUMP | 10:30 |
| 10:30 | | | | | S2 B. COMBAT | | | 10:30 |
| 11:00 | S2 EN FORMA | S2 SH'BAM | | S2 PILATES | SC CICLO | S2 B. COMBAT | SC CICLO | 11:00 |
| 11:00 | PI AQUAFITNESS | | | | | | | 11:00 |
| 11:15 | | | S1 ZUMBA | | | | | 11:15 |
| 11:15 | | | PI AQUAFITNESS | | | | | 11:15 |
| 11:30 | S1 B. COMBAT | S1 AF-MAYORES | EX RUNNERS INI | S1 B. ATTACK | S1 FITNESS | S1 SH'BAM | S2 PILATES | 11:30 |
| 11:45 | | | | | S2 YOGA | | | 11:45 |
| 12:00 | EX RUNNERS INI | | | | | | | 12:00 |
| 12:00 | | | | | | SC CICLO | | 12:00 |
| 12:15 | | | | | | | | 12:15 |
| 12:15 | | | | | | | | 12:15 |
| 12:30 | | | S1 YOGA | | | | S1 ZUMBA | 12:30 |
| 13:00 | | | | | | S2 YOGA | | 13:00 |
| 14:00 | ZM FUNCIONAL | | | ZM FUNCIONAL | | | | 14:00 |
| 14:00 | | | | | S2 PILATES | | | 14:00 |
| 14:30 | SC CICLO | S1 GAP | SC CICLO | S1 B. COMBAT | | | | 14:30 |
| 15:00 | | | | | SC CICLO | | | 15:00 |
| 15:30 | S2 CROSS TRAINING | SC CICLO | ZM ABDOMINALES | SC CICLO | | | | 15:30 |
| 16:00 | | | S1 STEP | S2 YOGA | | | | 16:00 |
| 16:30 | | | | ZM FUNCIONAL | | | | 16:30 |
| 16:30 | S1 GAP | S2 YOGA | S2 CROSS TRAINING | | | | | 16:30 |
| 16:30 | | PI AQUAFITNESS | | | | | | 16:30 |
| 17:00 | | | | | | | | 17:00 |
| 17:00 | S2 PILATES | | S1 BAILE 8-11 | EX PREDEPORTE 4-7 | EX MULTIDEPORTE 8- | | | 17:00 |
| 17:00 | SC CICLO+12 | | SC CICLO | SC CICLO | S1 BAILE 4-7 | | | 17:00 |
| 17:30 | S1 B. COMBAT | S1 B. PUMP | S2 SH'BAM+12 | S1 ZUMBA | S2 B. BALANCE | | | 17:30 |
| 17:30 | | SC CICLO | | | | | | 17:30 |
| 18:00 | | | | | EX RUNNERS INI | | | 18:00 |
| 18:00 | S2 SH'BAM | S2 B. BALANCE | S1 B. COMBAT | S2 CROSS TRAINING | S1 B. PUMP | | | 18:00 |
| 18:00 | | | EX FORUS RUNNERS | | | | | 18:00 |
| 18:15 | SC CICLO | | | | | | | 18:15 |
| 18:30 | | | SC CICLO | | S2 PILATES | | | 18:30 |
| 18:30 | S1 B. PUMP | S1 B. ATTACK | S2 PILATES | S1 B. ATTACK | | | | 18:30 |
| 18:45 | | ZM ABDOMINALES | | | | | | 18:45 |
| 19:00 | | | | ZM ABDOMINALES | | | | 19:00 |
| 19:00 | S2 B. BALANCE | S2 CROSS TRAINING | S1 GAP | S2 B. BALANCE | SC CICLO | | | 19:00 |
| 19:00 | | SC CICLO | | | | | | 19:00 |
| 19:30 | | | ZM FUNCIONAL | | | | | 19:30 |
| 19:30 | S1 STEP | S1 ZUMBA | S2 ZUMBA | S1 B. PUMP | S2 SH'BAM | | | 19:30 |
| 19:30 | SC CICLO | EX FORUS RUNNERS | | SC CICLO | | | | 19:30 |
| 20:00 | PI AQUAFITNESS | | SC CICLO | | | | | 20:00 |
| 20:00 | S2 CROSS TRAINING | S2 PILATES | S1 B. ATTACK | S2 PILATES | S1 B. COMBAT | | | 20:00 |
| 20:15 | | SC CICLO | | | | | | 20:15 |
| 20:30 | ZM FUNCIONAL | | | ZM ABDOMINALES | | | | 20:30 |
| 20:30 | S1 B. ATTACK | S1 B. COMBAT | S2 YOGA | S1 B. COMBAT | S2 CROSS TRAINING | | | 20:30 |
| 21:00 | | | | EX RUNNERS INI | | | | 21:00 |
| 21:00 | SC CICLO | | S1 B. PUMP | SC CICLO | | | | 21:00 |
| 21:00 | S2 ZUMBA | | | | | | | 21:00 |

Las actividades marcadas con una estrella son actividades con reserva previa

La actividad de **Forus Runners** comenzará el **1 de Noviembre**.

La empresa atendiendo a razones objetivas y avisando con la debida antelación, se reserva el derecho de cambio, ampliación o anulación de las actividades. A las actividades +12, podrán asistir todos los usuarios a partir de 12 años. Las actividades: Abdomen, Funcional, Estiramientos, Forus Runners Ini. tienen una duración de 30 minutos. Ciclo Indoor, Shbam y Aquafitness tienen una duración de 45'. El resto de actividades tienen una duración de 50'.



Zaragoza
AYUNTAMIENTO
INSTALACIONES DEPORTIVAS