



PROGRAMA DE ACTIVIDADES Y ESCUELAS DEPORTIVAS CLUB MONTEVERDE
TEMPORADA 2021 / 22

| HORARIO | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SABADO | DOMINGO |
|---------------|----------------|------------------------|----------------|------------------------|----------------------|------------------------------------------|------------------|
| 8:30 - 10:00 | CLUB MASTER | TRIATLON | CLUB MASTER | TRIATLON | CLUB MASTER/TRIATLON | | |
| 8:30 - 9:30 | SPINNING | | SPINNING | | | | |
| 9:30 - 10:30 | YOGA | PILATES | YOGA | PILATES | | CICLISMO INFANTIL Y ADULTOS | CICLISMO ADULTOS |
| | | BODY PUMP | | BODY PUMP | | PADEL/TENIS | |
| 10:30 - 11:30 | | PILATES | | PILATES | | NATACION | |
| | | | | | | MATRONATACION/ RUNNING NIÑOS, ADULTOS | |
| 11:30 - 14:00 | | | | | | PADEL/TENIS | |
| | | | | | | NATACION | |
| 15:00 - 16:15 | CLUB MASTER | TRIATLON | CLUB MASTER | TRIATLON | CLUB MASTER/TRIATLON | MATRONATACION/ RUNNING NIÑOS, ADULTOS | |
| | YOGA | | YOGA | | | | |
| 17:00 - 18:00 | RUNNING NIÑOS | RUNNING NIÑOS/ADULTOS | RUNNING NIÑOS | RUNNING NIÑOS/ADULTOS | PADEL | | |
| | NATACION | NATACION | NATACION | NATACION | NATACION | | |
| 17:30 - 18:30 | JUDO | KARATE | JUDO | KARATE | PADEL/TENIS | MATRONATACION/ RUNNING NIÑOS, ADULTOS | |
| | PADEL | PADEL | PADEL | PADEL | | | |
| | ZUMBA INFANTIL | BAILE MODERNO INFANTIL | ZUMBA INFANTIL | BAILE MODERNO INFANTIL | NATACION | MATRONATACION/ RUNNING NIÑOS, ADULTOS | |
| | PATINAJE | | PATINAJE | | | | |
| NATACION | NATACION | NATACION | NATACION | | | | |
| 18:30 - 19:30 | ZUMBA ADULTOS | PILATES | ZUMBA ADULTOS | PILATES | PADEL/TENIS | | |
| | | CARDIOBOX | | CARDIOBOX | | | |
| | PADEL | PADEL | PADEL | PADEL | NATACION | | |
| | NATACION | NATACION | NATACION | NATACION | | | |
| 19:30 - 20:30 | BODY PUMP | PILATES | BODY PUMP | PILATES | PADEL/TENIS | | |
| | SPINNING | | SPINNING | | | | |
| | PADEL | PADEL | PADEL | PADEL | NATACION | | |
| | NATACION | NATACION | NATACION | NATACION | | | |
| 20:00 - 21:15 | CLUB MASTER | TRIATLON | CLUB MASTER | TRIATLON | CLUB MASTER | | |
| 20:00 - 21:00 | STRETCHING | SPINNING | STRETCHING | SPINNING | PADEL/TENIS | | |
| | PADEL | PADEL | PADEL | PADEL | | | |
| 21:00 - 22:00 | PADEL | PADEL | PADEL | PADEL | PADEL/TENIS | | |

* ACTIVIDADES PENDIENTE DE CONFIRMAR HORARIOS

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| NATACIÓN ARTÍSTICA |
| TRIATLÓN INFANTIL |