

# HORARIO MARZO 2010 CLASES COLECTIVAS A.F.I TORREJÓN

| LUNES  |                               |                             | MARTES |                              |                         | MIERCOLES |                                  |                             | JUEVES |                               |                             | VIERNES |                                     |                             | SABADO |                           |                             | DOMINGO |                              |                         |        |                          |                             |       |  |
|--------|-------------------------------|-----------------------------|--------|------------------------------|-------------------------|-----------|----------------------------------|-----------------------------|--------|-------------------------------|-----------------------------|---------|-------------------------------------|-----------------------------|--------|---------------------------|-----------------------------|---------|------------------------------|-------------------------|--------|--------------------------|-----------------------------|-------|--|
| HORA   | SALA 1                        | SALA CICLO                  | HORA   | SALA 1                       | SALA CICLO              | HORA      | SALA 1                           | SALA CICLO                  | HORA   | SALA 1                        | SALA CICLO                  | HORA    | SALA 1                              | SALA CICLO                  | HORA   | SALA 1                    | SALA CICLO                  | HORA    | SALA 1                       | SALA CICLO              | HORA   |                          |                             |       |  |
| 9:00H  |                               |                             | 9:00H  |                              |                         | 9:00H     |                                  |                             | 9:00H  |                               |                             | 9:00H   |                                     |                             | 9:00H  |                           |                             | 9:00H   |                              |                         | 9:00H  |                          |                             | 9:00H |  |
|        | ESPALDA<br>09:30- 10:00 H     |                             |        | FIT-BALL<br>09:30- 10:00 H   |                         |           | G.A.P.<br>09:30- 10:00 H         |                             |        | PILATES<br>09:30- 10:00 H     |                             |         | ABD<br>09:30- 10:00 H               |                             |        |                           |                             |         |                              |                         |        |                          |                             |       |  |
| 10:00H |                               | CICLO<br>10:00- 10:45 H     | 10:00H |                              | CICLO<br>10:00- 10:45 H | 10:00H    |                                  | CICLO<br>10:00- 10:45 H     | 10:00H |                               | CICLO<br>10:00- 10:45 H     | 10:00H  |                                     | CICLO<br>10:00- 10:45 H     | 10:00H |                           | CICLO<br>10:00- 10:45 H     | 10:00H  |                              | CICLO<br>10:00- 10:45 H | 10:00H |                          | 10:00H                      |       |  |
|        | STEP<br>10:45- 11:30 H        |                             |        |                              |                         |           | ESTILOS<br>10:45- 11:30 H        |                             |        |                               |                             |         |                                     |                             |        | ESTILOS<br>10:45- 11:30 H |                             |         | TONO<br>10:45- 11:45 H       |                         | 11:00H | SEGÚN<br>11:00- 11:45 H  | PROFESOR<br>11:00- 11:45 H  |       |  |
| 11:00H |                               | CICLO-XPS<br>11:30- 12:00 H | 11:00H | AFI POWER<br>11:00- 12:00 H  |                         | 11:00H    |                                  | CICLO-XPS<br>11:30- 12:00 H | 11:00H | AFI POWER<br>11:00- 12:00 H   |                             | 11:00H  |                                     | CICLO-XPS<br>11:30- 12:00 H | 11:00H |                           | CICLO-XPS<br>11:30- 12:00 H | 11:00H  |                              |                         | 11:00H |                          |                             |       |  |
| 12:00H | PILATES<br>12:00- 12:30 H     |                             | 12:00H | STRECH<br>12:00-12:30 H      |                         | 12:00H    | AFITONIC<br>12:00- 12:30 H       |                             | 12:00H | STRECH<br>12:00-12:30 H       |                             | 12:00H  | CORE<br>12:00- 12:30 H              |                             | 12:00H | CORE<br>12:00- 12:30 H    |                             | 12:00H  | ABD-STRECH<br>12:00- 12:45 H |                         | 12:00H | SEGÚN<br>12:00 - 12:45 H | PROFESOR<br>12:00 - 12:45 H |       |  |
|        |                               |                             |        |                              |                         |           |                                  |                             |        |                               |                             |         |                                     |                             |        |                           |                             |         |                              |                         |        |                          |                             |       |  |
| 13:00H | G.A.P.<br>13:15- 13:45 H      |                             | 13:00H | PILATES<br>13:15-14:00       |                         | 13:00H    | ABD<br>13:15- 13:45 H            |                             | 13:00H | PILATES<br>13:15-13:45 H      |                             | 13:00H  | FIT-BALL<br>13:15-13:45 H           |                             | 13:00H |                           |                             | 13:00H  |                              | 12:45-13:15             | 13:00H |                          |                             |       |  |
|        |                               |                             |        |                              |                         |           |                                  |                             |        |                               |                             |         |                                     |                             |        |                           |                             |         |                              |                         | 14:00H |                          |                             |       |  |
| 14:00H |                               | CICLO<br>14:15- 15:00 H     | 14:00H | G.A.P.<br>14:15- 15:00 H     |                         | 14:00H    |                                  | CICLO<br>14:15- 15:00 H     | 14:00H | CARDIOCOMBI<br>14:15- 15:00 H |                             | 14:00H  |                                     | CICLO<br>14:15- 15:00 H     | 14:00H |                           |                             | 14:00H  |                              |                         | 14:00H |                          | 14:00H                      |       |  |
|        |                               |                             |        |                              |                         |           |                                  |                             |        |                               |                             |         |                                     |                             |        |                           |                             |         |                              |                         |        |                          |                             |       |  |
| 15:00H |                               | CICLO-XPS<br>15:15-15:45 H  | 15:00H | PILATES<br>15:00- 15:30 H    |                         | 15:00H    | AFI POWER<br>15:00-16:00 H       |                             | 15:00H | CORE<br>15:00- 15:30 H        |                             | 15:00H  | AFI FITNESS<br>ABD<br>15:00-16:00 H |                             | 15:00H |                           |                             | 15:00H  |                              |                         | 15:00H |                          |                             |       |  |
|        | AFI FITNESS<br>15:45- 16:30 H |                             |        |                              | CICLO<br>15:30-16:15 H  | 16:00H    |                                  | CICLO-XPS<br>16:00- 16:30 H | 16:00H |                               | CICLO<br>15:30-16:15 H      | 16:00H  |                                     |                             | 16:00H |                           |                             | 16:00H  |                              |                         | 16:00H |                          |                             |       |  |
| 17:00H |                               |                             | 17:00H | ABD<br>17:15-17:45           |                         | 17:00H    |                                  |                             | 17:00H |                               |                             | 17:00H  | ABD<br>17:15-17:45                  |                             | 17:00H |                           |                             | 17:00H  |                              |                         | 17:00H |                          |                             |       |  |
|        |                               |                             |        |                              |                         |           |                                  |                             |        |                               |                             |         |                                     |                             |        |                           |                             |         |                              |                         |        |                          |                             |       |  |
| 18:00H | AFI FITNESS<br>18:00-18:30 H  |                             | 18:00H | ABD<br>18:00-18:30           |                         | 18:00H    | AFI<br>FITNESS<br>18:00-18:45 H  |                             | 18:00H | ABD-STRECH<br>18:00-18:30 H   |                             | 18:00H  | AFI POWER<br>18:00-19:00 H          |                             | 18:00H |                           |                             | 18:00H  |                              |                         | 18:00H |                          |                             |       |  |
|        |                               | CICLO-XPS<br>18:30- 19:00 H |        |                              | CICLO<br>18:30- 19:15 H |           |                                  | CICLO-XPS<br>18:45- 19:15 H |        |                               | CICLO<br>18:30- 19:15 H     |         |                                     |                             |        |                           |                             |         |                              |                         |        |                          |                             |       |  |
| 19:00H | GAP<br>19:00-19:45 H          |                             | 19:00H | AFI POWER<br>19:15- 20:15 H  |                         | 19:00H    | CARDIO<br>COMBI<br>19:15-20:00 H |                             | 19:00H | AFIPOWER<br>19:15-20:00 H     |                             | 19:00H  |                                     | CICLO-XPS<br>19:00- 19:30 H | 19:00H |                           |                             | 19:00H  |                              | CICLO<br>19:00 19:45 H  | 19:00H |                          |                             |       |  |
|        |                               |                             |        |                              |                         |           |                                  |                             |        |                               |                             |         | STEP<br>19:30- 20:15 H              |                             |        |                           |                             |         |                              |                         |        |                          |                             |       |  |
| 20:00H |                               | CICLO<br>20:00- 20:45 H     | 20:00H |                              | CICLO<br>20:15- 21:00 H | 20:00H    |                                  | CICLO<br>20:00- 20:45 H     | 20:00H | ABD<br>20:00- 20:30 H         |                             | 20:00H  |                                     | CICLO<br>20:15- 21:00 H     | 20:00H |                           |                             | 20:00H  | ABD<br>19:45-20:15 H         |                         | 20:00H |                          |                             |       |  |
|        | ABD<br>20:45- 21:15 H         |                             |        |                              |                         |           | ABD<br>20:45- 21:15 H            |                             |        |                               | CICLO-XPS<br>20:30- 21:00 H |         |                                     |                             |        |                           |                             |         |                              |                         |        |                          |                             |       |  |
| 21:00H |                               |                             | 21:00H | ABD-STRECH<br>21:00- 21:30 H |                         | 21:00H    |                                  |                             | 21:00H | ABD-STRECH<br>21:00- 21:30 H  |                             | 21:00H  | ABD<br>21:00-21.30                  |                             | 21:00H |                           |                             | 21:00H  |                              |                         | 21:00H |                          |                             |       |  |
|        |                               |                             |        |                              |                         |           |                                  |                             |        |                               |                             |         |                                     |                             |        |                           |                             |         |                              |                         |        |                          |                             |       |  |
| 22:00H |                               |                             | 22:00H |                              |                         | 22:00H    |                                  |                             | 22:00H |                               |                             | 22:00H  |                                     |                             | 22:00H |                           |                             | 22:00H  |                              |                         | 22:00H |                          |                             |       |  |

- MARGA
- PATXI
- AITOR
- VICTOR
- GERMAN
- MARIA
- EVA MELLO
- MONICA
- LAURA

NOTA: ESTOS HORARIOS PUEDEN SUFRIR MODIFICACIONES POR MOTIVOS TÉCNICOS, EN TAL CASO LOS CAMBIOS SERAN AVISADOS CON ANTELACIÓN.

VISITA NUESTRA PÁGINA WEB  
<http://www.cmd-torrejón.com>

**CLASES COLECTIVAS ¡¡CONOCELAS!!.**

Ciclo Indoor: cardiovascular en bici, marcha al cuerpo.

Capoeira: arte marcial brasileño, al son del berimbau

Latino: salsa, merengue, rumba... y mucho más.

Abdominales: tonifica y fortalece tu abdomen.

Stretch-Yoga: estiramientos ideales para tu cuerpo.

Defensa Personal: porque hay que estar preparado.

T.C.B.: técnicas coreográficas básicas.

G.A.P.: tonifica glúteos abdominales y piernas.

Espalda: ponla a tono, protégela, corrección postural

Body-Tonic: tonificación general.

Hip-Hop: cardiovascular con ritmos modernos.

Body-Relax: relájate y disfruta conociendo tu cuerpo.

Step-Tonic: trabajo aeróbico y tonificación sobre step

Training: condición física general a través de juegos.

Fitball: pelotas gigantes muy beneficiosas para tonificar y estirar tu cuerpo.