



Ayuntamiento Leganés
Delegación de Deportes

CLUB LEGANÉS CLUB

(EUROPA/CARRASCAL/L. DE GÓNGORA)



Club Leganés Club

HORAS DÍAS	LUNES						MARTES						MIÉRCOLES						JUEVES						VIERNES						HORAS DÍAS			
MAÑANA	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	TARDE			
9:00-9:30																																9:00-9:30		
9:30-10:00				YOGA						YOGA						YOGA							YOGA									9:30-10:00		
10:00-10:30	PILATES												PILATES																			10:00-10:30		
10:30-11:00								CICLOTONIC														CICLOTONIC				PILATES						10:30-11:00		
11:00-11:30			SPINNING	YOGA						YOGA					SPINNING	YOGA												SPINNING	YOGA				11:00-11:30	
11:30-12:00	ZUMBA			YOGA			PILATES			YOGA			ZUMBA			YOGA				PILATES					ZUMBA			YOGA				11:30-12:00		
12:00-12:30																																	12:00-12:30	
12:30-13:00																																	12:30-13:00	
13:00-13:30																																	13:00-13:30	
13:30-14:00																																	13:30-14:00	
14:00-14:30																																	14:00-14:30	
TARDE	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	SALA AEROBIC	SALA FITNESS	SALA CICLO	SALA YOGA	LUIS GÓNGORA	ACUAGYM CARRASCAL	TARDE			
16:30-17:00																																	16:30-17:00	
17:00-17:30																																		17:00-17:30
17:30-18:00	PILATES						PILATES						PILATES													PILATES							17:30-18:00	
18:00-18:30																																		18:00-18:30
18:30-19:00	PILATES						ZUMBA	INTERVAL FITNESS	SPINNING				PILATES							ZUMBA	INTERVAL FITNESS	SPINNING				PILATES			SPINNING			18:30-19:00		
19:00-19:30			SPINNING																															19:00-19:30
19:30-20:00	AEROBIC	INTERVAL FITNESS	SPINNING				AEROBIC	INTERVAL FITNESS	SPINNING				AEROBIC	INTERVAL FITNESS	SPINNING				AEROBIC	INTERVAL FITNESS	SPINNING				PILATES		AEROBIC	INTERVAL FITNESS	SPINNING			19:30-20:00		
20:00-20:30																																		20:00-20:30
20:30-21:00	AEROBIC	INTERVAL FITNESS	SPINNING		YOGA	ACUAGYM CARRASCAL*		INTERVAL FITNESS	SPINNING				PILATES						YOGA	ACUAGYM CARRASCAL*		INTERVAL FITNESS	SPINNING		PILATES	ACUAGYM CARRASCAL*	AEROBIC	INTERVAL FITNESS	SPINNING	YOGA		20:30-21:00		
21:00-21:30																																		21:00-21:30
21:30-22:00	AEROBIC					ACUAGYM CARRASCAL*	ZUMBA					ACUAGYM CARRASCAL*							ACUAGYM CARRASCAL*	ZUMBA				ACUAGYM CARRASCAL*			AEROBIC					21:30-22:00		
22:00-22:30																																		22:00-22:30
22:30-23:00																																		22:30-23:00
23:00-23:30																																		23:00-23:30

ZUMBA L-X-V 26 €	ZUMBA M-J 22 €	AEROBIC L-X-V 26 €	AEROBIC M-J 22 €	CICLOTONIC M-J 22 €	PILATES L-X-V 28,50 €	PILATES M-J 24,50 €	SPINNING L-X-V 28,50 €	SPINNING M-J 24,50 €	INTER. FITNESS L-X-V 24 €	INTER. FITNESS M-J 19,50 €	YOGA L-X-V 27 €	YOGA M-J 23 €	ACUAGYM CARRASCAL L-X 23 €	ACUAGYM CARRASCAL M-J 23 €
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www.clubleganesclub.es

* Los horarios de AQUAGYM CARRASCAL son 20:30-21:15 21:15-22:00.