



HORARIOS

ESCUELAS DEPORTIVAS

CURSO 2013-2014

| AEROBIC-STEP | | | | AIKIDO | | | | |
|---------------------------------|-------------|-------------|--------------|------------------------|-------------|-------------|--------------|--------|
| DIAS | HORA | MONITOR | CUTRIM | DIAS | HORA | MONITOR | CUTRIM | |
| L-X | 20:00-21:00 | BEGOÑA | 80€ 90€ | M-J | 18:30-19:30 | KHUN | 90/100€ | |
| L-X | 21:00-22:00 | BEGOÑA | | | | | | |
| M-J | 18:30-19:30 | GEMA | | | | | | |
| GLOBAL TRAINING | | | | KENJUTSU NIVEL BASICO | | | | |
| M-J | 20:00-21:00 | ANA | 80€ | DIAS | HORA | MONITOR | CUTRIM | |
| M-J | 21:00-22:00 | ANA | 90€ | M-J | 19:30-20:30 | KHUN | 90/100€ | |
| BADMINTON DEBUTANTES/INICIACIÓN | | | | ZUMBA | | | | |
| DIAS | HORA | MONITOR | CUTRIM | DIAS | HORA | MONITOR | BLOQUE | |
| L | 17:00-19:00 | CLARA | 80/90€ | V | 18:00-19:00 | CATY | 30 € | |
| BADMINTON MEDIO | | | | AIKIDO+KENJUTSU | | | | |
| DIAS | HORA | MONITOR | CUTRIM | DIAS | HORA | MONITOR | CUTRIM | |
| L | 19:00-21:00 | JAVIER | 80/90€ | M-J | 18:30-20:30 | KHUN | 135/150€ | |
| BADMINTON PERFECCIONAMIENTO | | | | BOXEO | | | | |
| DIAS | HORA | MONITOR | CUTRIM | DIAS | HORA | MONITOR | CUTRIM | |
| L-X | 19:00-21:30 | JAVIER | 90/100€ | M-J | 16:00-17:30 | RICARDO | 110/120€ | |
| ESCALADA | | | | | | | | |
| DIAS | HORA | MONITOR | 5 meses | DIAS | HORA | MONITOR | 5 meses | |
| L-X | 13:00-15:00 | ALEX | 140€ 150€ | M-J | 13:00-15:00 | ALEX | 140€ 150€ | |
| L-X | 18:00-20:00 | ALEX | | | | | | |
| L-X | 20:00-22:00 | ALEX | | | | | | |
| ESGRIMA INICIACION | | | | G. MANTENIMIENTO | | | | |
| DIAS | HORA | MONITOR | CUTRIM | DIAS | HORA | MONITOR | CUTRIM | |
| L | 19:00-21:00 | ROCIO | 90/100€ | L-X | 10:00-11:00 | VIKA | 80 € 90 € | |
| ESGRIMA MEDIO | | | | M-J | Ciudad | 14:30-15:30 | | MARTA |
| DIAS | HORA | MONITOR | CUTRIM | L-X | 15:30-16:30 | BEGOÑA | | |
| X | 19:00-21:00 | ROCIO | 90/100€ | L-X | 18:30-19:30 | VALENTIN | | |
| GAP | | | | KENPO-DEFENSA PERSONAL | | | | |
| DIAS | HORA | MONITOR | CUTRIM | DIAS | HORA | MONITOR | CUTRIM | |
| L-X | 15:00-15:30 | BEGOÑA | 40/50€ | M-J | 19:30-21:00 | DAVID | 110/120€ | |
| L-X | 19:30-20:00 | BEGOÑA | 40/50€ | PILATES | | | | |
| M-J | 19:30-20:00 | GEMA | 40/50€ | DIAS | HORA | MONITOR | CUTRIM | |
| TAI-CHI | | | | L-X | 17:30-18:30 | VALENTIN | 90€ 100€ | |
| DIAS | HORA | MONITOR | CUTRIM | M-J | 13:30-14:30 | MONICA | | |
| M-J | 8:30-9:30 | JAVIER | 90€ 100€ | M-J INI | 14:30-15:30 | MONICA | | |
| M-J | 15:30-16:30 | JAVIER | | | | | | |
| L-X | Guada | 14:30-15:30 | | JAVIER | M-J | 14:30-15:30 | | ISABEL |
| M-J | 15:30-16:30 | JAVIER | 90€ | M-J | 15:30-16:30 | ISABEL | | |
| M-J | 15:30-16:30 | JAVIER | 100€ | M-J | 17:30-18:30 | VALENTIN | | |
| TENIS DE MESA | | | | M-J INI | 18:30-19:30 | ISABEL | | |
| DIAS | HORA | MONITOR | CUTRIM | M-J | 18:30-19:30 | VALENTIN | | |
| V | 15:45-17:45 | M. ANGEL | 80€/90€ | M-J INI | 19:30-20:30 | ISABEL | | |
| YOGA | | | | VOLEIBOL | | | | |
| DIAS | HORA | MONITOR | CUTRIM | PTE. CONFIRMAR | RAUL | 50 € | | |
| L-X | 18:00-19:30 | MANUEL | 110/120€ | | | | | |

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