


**Gimnasio Valhalla**  
**2015-2016**  
**HORARIO DE ACTIVIDADES**

|        | LUNES  | MARTES              | MIÉRCOLES                   | JUEVES                    | VIERNES               |
|--------|--|---------------------|-----------------------------|---------------------------|-----------------------|
|        | <b>AEROBIC / STEP / BODY PUMP / G.A.P./BAILE ACTIVO/CARDIO-BOX</b> |                     |                             |                           |                       |
| MAÑANA | 11:00-12:00<br>BODY PUMP   |                     | 11:00-12:00<br>STEP         |                           | 11:00-12:00<br>G.A.P. |
| TARDE  | 19:30-20:30<br>Baile Activo  |                     | 19:30-20:30<br>Baile Activo |                           |                       |
| NOCHE  | 20:30-21:30<br>AEROBIC   | 20:30-21:30<br>STEP | 20:30-21:30<br>BODY PUMP    | 20:30-21:30<br>CARDIO-BOX |                       |

|          | LUNES                     | MARTES      | MIÉRCOLES | JUEVES      | VIERNES |
|----------|---------------------------|-------------|-----------|-------------|---------|
|          | <b>KARATE DO Y KOBUDO</b> |             |           |             |         |
| INFANTIL |                           | 18:30-19:30 |           | 18:30-19:30 |         |
| ADULTO   |                           | 19:30-21:00 |           | 19:30-21:00 |         |

|       | <b>CAPOEIRA</b> |             |             |  |
|-------|-----------------|-------------|-------------|--|
|       | LUNES           | MIÉRCOLES   | VIERNES     |  |
| NOCHE | 21:30-22:30     | 21:30-22:30 | 20:00-21:00 |  |

|        | LUNES                           | MARTES                          | MIÉRCOLES                       | JUEVES                          | VIERNES                         |
|--------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
|        | <b>STRECHING Y PILATES</b>      |                                 |                                 |                                 |                                 |
| MAÑANA | 10:00-11:00<br><b>STRECHING</b> | 9:30-10:30<br>PILATES BÁSICO    | 10:00-11:00<br><b>STRECHING</b> | 9:30-10:30<br>PILATES BÁSICO    | 10:00-11:00<br><b>STRECHING</b> |
|        |                                 | 10:30-11:30<br>PILATES AVANZADO |                                 | 10:30-11:30<br>PILATES AVANZADO |                                 |
| TARDE  |                                 | 18:30-19:30<br>PILATES MEDIO    |                                 | 18:30-19:30<br>PILATES MEDIO    |                                 |

|        | LUNES   | MARTES      | MIÉRCOLES   | JUEVES      | VIERNES     |
|--------|---|-------------|-------------|-------------|-------------|
|        | <b>BOXEO - FULL CONTACT - KICK BOXING - THAI BOXING</b> |             |             |             |             |
| MAÑANA | 10:00-12:00   |             | 10:00-12:00 |             | 10:00-12:00 |
| TARDE  | 18:30-20:00   |             | 18:30-20:00 |             | 18:30-20:00 |
| NOCHE  |   | 21:30-23:00 |             | 21:30-23:00 |             |

|        | <b>MUAY THAI - K1 - SANDA</b> |             |             | <b>BOXEO</b>        |
|--------|-------------------------------|-------------|-------------|---------------------|
|        | LUNES                         | MIÉRCOLES   | VIERNES     | Femenino e Infantil |
| MAÑANA | 12:00-13:30                   | 12:00-13:30 | 12:00-13:30 | 11:30-13:00         |
| NOCHE  | 21:00-22:00                   | 21:00-22:30 | 21:00-22:30 |                     |

|       | <b>BOXEO</b> |             |             | <b>MMA</b>  | <b>GRAPPLING</b> |
|-------|--------------|-------------|-------------|-------------|------------------|
|       | LUNES        | MIÉRCOLES   | VIERNES     | LUNES       | VIERNES          |
| NOCHE | 20:00-21:00  | 20:00-21:00 | 20:00-21:00 | 17:30-18:30 | 17:30-18:30      |
|       |              |             |             | MIERCOLES   | 17:30-18:30      |
|       |              |             |             | VIERNES     | 17:30-18:30      |

|       | MARTES          | JUEVES |             |
|-------|-----------------|--------|-------------|
| TARDE | <b>SPINNING</b> |        | 19:30-20:30 |

HORARIO DE SALA:

LUNES-VIERNES: 8:00-23:00  
SÁBADOS: 12:00 - 14:30