



RADSPORT LA QUINTA ANTEQUERA  
MAYO/2022

RESERVAS A TRAVÉS DE MATCHI

# HORARIO

\*LA DIRECCIÓN SE RESERVA EL DERECHO DE CAMBIO DE HORARIO SIN PREVIO AVISO, POR CUESTIONES TÉCNICAS, ORGANIZATIVAS Y EN PERÍODO FESTIVO O VACACIONAL.

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SÁBADO		DOMINGO
HORA	COLECTIVA	BOX	HORA	COLECTIVA	BOX	HORA	COLECTIVA	BOX	HORA	COLECTIVA	BOX	HORA	COLECTIVA	BOX	HORA	BOX	HORA
09:00-09:15			09:00-09:15			09:00-09:15			09:00-09:15			09:00-09:15			09:00-09:15		09:00-09:15
09:15-09:30			09:15-09:30			09:15-09:30			09:15-09:30			09:15-09:30			09:15-09:30		09:15-09:30
09:30-09:45	AEROBOX	CICLO	09:30-09:45	XPUMP +CORE		09:30-09:45	G.A.P.	CICLO	09:30-09:45	XPUMP +CORE		09:30-09:45	AEROBOX	CROSS TRAINING	09:30-09:45	CICLO VIRTUAL	09:30-09:45
09:45-10:00			09:45-10:00		TRX	09:45-10:00			09:45-10:00		TRX	09:45-10:00			09:45-10:00		09:45-10:00
10:00-10:15			10:00-10:15			10:00-10:15			10:00-10:15			10:00-10:15			10:00-10:15		10:00-10:15
10:15-10:30			10:15-10:30			10:15-10:30			10:15-10:30			10:15-10:30			10:15-10:30		10:15-10:30
10:30-10:45	YOGA	CROSS TRAINING	10:30-10:45	PILATES	CICLO	10:30-10:45	PILATES	CROSS TRAINING	10:30-10:45	AEROBOX	CICLO	10:30-10:45	PILATES	CICLO	10:30-10:45		10:30-10:45
10:45-11:00			10:45-11:00			10:45-11:00			10:45-11:00			10:45-11:00			10:45-11:00		10:45-11:00
11:00-11:15			11:00-11:15			11:00-11:15			11:00-11:15			11:00-11:15			11:00-11:15		11:00-11:15
11:15-11:30			11:15-11:30			11:15-11:30			11:15-11:30			11:15-11:30			11:15-11:30	CICLO	11:15-11:30
11:30-11:45		CICLO VIRTUAL	11:30-11:45		CICLO VIRTUAL	11:30-11:45		CICLO VIRTUAL	11:30-11:45		CICLO VIRTUAL	11:30-11:45		CICLO VIRTUAL	11:30-11:45		11:30-11:45
11:45-12:00			11:45-12:00			11:45-12:00			11:45-12:00			11:45-12:00			11:45-12:00		11:45-12:00
12:00-12:15			12:00-12:15			12:00-12:15			12:00-12:15			12:00-12:15			12:00-12:15		12:00-12:15
12:15-12:30			12:15-12:30			12:15-12:30			12:15-12:30			12:15-12:30			12:15-12:30	CICLO VIRTUAL	12:15-12:30
12:30-12:45			12:30-12:45			12:30-12:45			12:30-12:45			12:30-12:45			12:30-12:45		12:30-12:45
12:45-13:00			12:45-13:00			12:45-13:00			12:45-13:00			12:45-13:00			12:45-13:00		12:45-13:00
13:00-13:15			13:00-13:15			13:00-13:15			13:00-13:15			13:00-13:15			13:00-13:15		13:00-13:15
13:15-13:30			13:15-13:30			13:15-13:30			13:15-13:30			13:15-13:30			13:15-13:30		13:15-13:30
13:30-13:45			13:30-13:45			13:30-13:45			13:30-13:45			13:30-13:45			13:30-13:45		13:30-13:45
13:45-14:00			13:45-14:00			13:45-14:00			13:45-14:00			13:45-14:00			13:45-14:00		13:45-14:00
14:00-14:15			14:00-14:15			14:00-14:15			14:00-14:15			14:00-14:15			14:00-14:15		14:00-14:15
14:15-14:30			14:15-14:30			14:15-14:30			14:15-14:30			14:15-14:30			14:15-14:30		14:15-14:30
14:30-14:45			14:30-14:45			14:30-14:45			14:30-14:45			14:30-14:45			14:30-14:45		14:30-14:45
14:45-15:00			14:45-15:00			14:45-15:00			14:45-15:00			14:45-15:00			14:45-15:00		14:45-15:00
15:00-15:15	CERRADO		15:00-15:15	CERRADO		15:00-15:15	CERRADO		15:00-15:15	CERRADO		15:00-15:15	CERRADO		15:00-15:15	CERRADO	15:00-15:15
15:15-15:30			15:15-15:30			15:15-15:30			15:15-15:30			15:15-15:30			15:15-15:30		15:15-15:30
15:30-15:45			15:30-15:45			15:30-15:45			15:30-15:45			15:30-15:45			15:30-15:45		15:30-15:45
15:45-16:00			15:45-16:00			15:45-16:00			15:45-16:00			15:45-16:00			15:45-16:00		15:45-16:00
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16:30-16:45			16:30-16:45			16:30-16:45			16:30-16:45			16:30-16:45			16:30-16:45		16:30-16:45
16:45-17:00			16:45-17:00			16:45-17:00			16:45-17:00			16:45-17:00			16:45-17:00		16:45-17:00
17:00-17:15		CROSS TRAINING	17:00-17:15	ZUMBA KIDS	CICLO VIRTUAL	17:00-17:15		CICLO VIRTUAL	17:00-17:15		CICLO VIRTUAL	17:00-17:15	YOGA KIDS	CICLO VIRTUAL	17:00-17:15		17:00-17:15
17:15-17:30			17:15-17:30			17:15-17:30			17:15-17:30			17:15-17:30			17:15-17:30		17:15-17:30
17:30-17:45			17:30-17:45			17:30-17:45			17:30-17:45			17:30-17:45			17:30-17:45		17:30-17:45
17:45-18:00			17:45-18:00			17:45-18:00			17:45-18:00			17:45-18:00			17:45-18:00		17:45-18:00
18:00-18:15	G.A.P.	AEROBOX	18:00-18:15	ZUMBA	TRX	18:00-18:15	G.A.P.	CROSS TRAINING	18:00-18:15	AEROBOX		18:00-18:15	YOGA ADULTOS	TRX	18:00-18:15		18:00-18:15
18:15-18:30			18:15-18:30			18:15-18:30			18:15-18:30			18:15-18:30			18:15-18:30		18:15-18:30
18:30-18:45			18:30-18:45			18:30-18:45			18:30-18:45			18:30-18:45			18:30-18:45		18:30-18:45
18:45-19:00			18:45-19:00			18:45-19:00			18:45-19:00			18:45-19:00			18:45-19:00		18:45-19:00
19:00-19:15			19:00-19:15	XPUMP	CICLO	19:00-19:15	YOGA	CICLO	19:00-19:15	ZUMBA	CICLO	19:00-19:15	XPUMP +CORE	CICLO	19:00-19:15		19:00-19:15
19:15-19:30	PILATES	CICLO	19:15-19:30			19:15-19:30			19:15-19:30			19:15-19:30			19:15-19:30		19:15-19:30
19:30-19:45			19:30-19:45			19:30-19:45			19:30-19:45			19:30-19:45			19:30-19:45		19:30-19:45
19:45-20:00			19:45-20:00			19:45-20:00			19:45-20:00			19:45-20:00			19:45-20:00		19:45-20:00
20:00-20:15	XPUMP +CORE		20:00-20:15	PILATES	CICLO	20:00-20:15	XPUMP +CORE	TRX	20:00-20:15	PILATES	CICLO	20:00-20:15	BODY BALANCE		20:00-20:15		20:00-20:15
20:15-20:30			20:15-20:30			20:15-20:30			20:15-20:30			20:15-20:30			20:15-20:30		20:15-20:30
20:30-20:45		CICLO	20:30-20:45			20:30-20:45			20:30-20:45			20:30-20:45			20:30-20:45		20:30-20:45
20:45-21:00			20:45-21:00			20:45-21:00			20:45-21:00			20:45-21:00			20:45-21:00		20:45-21:00
21:00-21:15			21:00-21:15			21:00-21:15			21:00-21:15			21:00-21:15			21:00-21:15	CERRADO	21:00-21:15
21:15-21:30			21:15-21:30			21:15-21:30			21:15-21:30			21:15-21:30			21:15-21:30		21:15-21:30
21:30-21:45			21:30-21:45			21:30-21:45			21:30-21:45			21:30-21:45			21:30-21:45		21:30-21:45
21:45-22:00			21:45-22:00			21:45-22:00			21:45-22:00			21:45-22:00			21:45-22:00		21:45-22:00
22:30-23:00	SALA CERRADA		23:00-23:00	SALA CERRADA		22:30-23:00	SALA CERRADA		22:30-23:00	SALA CERRADA		22:30-23:00	SALA CERRADA		22:30-23:00		22:30-23:00