



## CLASES DIRIGIDAS

[www.sportclubalicante.com](http://www.sportclubalicante.com)

|       | LUNES            | MARTES             | MIERCOLES        | JUEVES             | VIERNES          | SABADO           |
|-------|------------------|--------------------|------------------|--------------------|------------------|------------------|
| 8:00  | SPORTZUMBA 9:30  | SPORTPUMP 8:15     |                  | TBC 8:15           |                  |                  |
| 9:30  | PILATES 9:30     | SPORTJUMP 9:30     | PILATES 9:30     | SPORTJUMP 9:30     | PILATES 9:30     | PILATES 10:00    |
|       | CICLOSPORT 9:30  | SPORTZUMBA 9:30    | CICLOSPORT 9:30  | SPORTPUMP 9:30     | CICLOSPORT 9:30  |                  |
| 10:30 | YOGA 10:30       | SPORTBALANCE 10:30 | YOGA 10:30       | SPORTBALANCE 10:30 | YOGA 10:30       | CICLOSPORT 10:00 |
|       | SPORTPUMP 10:30  |                    | SPORTPUMP 10:30  |                    | SPORTZUMBA 10:30 |                  |
| 17:30 | BALLET 17:30     | STEP/GAP 17:30     | SPORTPUMP 17:30  | BALLET 17:30       | SPORTZUMBA 17:30 |                  |
|       | SPORTPUMP 17:30  |                    |                  | STEP/GAP 17:30     |                  |                  |
| 18:30 | YOGA 18:30       | PILATES 18:30      |                  | SPORTPUMP 18:30    | SPORTPUMP 18:30  |                  |
|       | SPORTZUMBA 18:30 | SPORTFITBALL 18:30 | SPORTZUMBA 18:30 | YOGA 18:30         |                  |                  |
|       | CICLOSPORT 19:30 |                    | SPORTBOX 19:30   |                    |                  |                  |
| 19:30 | PILATES 19:30    |                    | PILATES 19:30    | PILATES 19:30      |                  |                  |
|       | SPORTBOX 19:30   | CICLOSPORT 19:30   | SPORTJUMP 19:30  | CICLOSPORT 19:30   | CICLOSPORT 19:30 |                  |
|       |                  | OPENBOX 19:00      |                  | OPENBOX 19:00      |                  |                  |
| 20:00 | SPORTCROSS 20:00 | SPORTCROSS 20:00   | SPORTCROSS 20:00 | SPORTCROSS 20:00   | SPORTCROSS 20:00 |                  |
| 20:30 | STEP/GAP 20:30   | SPORTBALANCE 20:00 |                  |                    |                  |                  |
|       |                  | SPORTPUMP 20:00    | CICLOSPORT 20:30 | SPORTPUMP 20:00    |                  |                  |

## ACTIVIDADES NIÑOS

|       | LUNES      | MARTES           | MIERCOLES | JUEVES | VIERNES        |
|-------|------------|------------------|-----------|--------|----------------|
| 17:30 | ZUMBA KIDS | JUEGOS POPULARES | FUTBOL    | FUTBOL | MULTIACTIVIDAD |

Partida de Orgegia s/n 03015 - Vistahermosa (Alicante) 662 552 963 - 966 613 906