



Delegación de Deportes
Ilustre Ayuntamiento de San Roque

ACTIVIDADES FÍSICO - DEPORTIVAS PARA POBLACIÓN ADULTA





ACTIVIDADES CUERPO y MENTE

- * Pilates
- * Streching
- * Zenyo

ACTIVIDADES de AGUA

- * AquaGym
- * AquaZumba



ACTIVIDADES de CARDIO

- * Boxing
- * Mantenimiento
- * Fit – Bike
- * Zumba



ACTIVIDADES TONIFICACIÓN

- * Pyro
- * Gluteboom
- * BodyJump

ACTIVIDADES DEPORTIVAS PISCINA MUNICIPAL CUBIERTA



HORARIO NUEVA TEMPORADA 2022

| | | AGUA | CUERPO MENTE | | TONIFICACIÓN | | CARDIO |
|-------|-----|---------------|--------------|-------|--------------|------------|--------------|
| 9.00 | 30' | PYRO | SALA FITNESS | 9.00 | 30' | PYRO | SALA FITNESS |
| 9.30 | 50' | BOXING | SALA 1 | 9.30 | 50' | FITBIKE | SALA FITNESS |
| 9.30 | 50' | MANTENIMIENTO | PABELLÓN | 9.30 | 50' | ZUMBA | SALA 1 |
| 10.30 | 50' | FIT - BIKE | SALA FITNESS | 10.30 | 50' | PILATES | SALA 1 |
| 10:30 | 50' | GLUTEBOOM | SALA 1 | 10:30 | 45' | AQUAGYM | PISCINA |
| 11.45 | 45' | AQUAGYM | PISCINA | 11.45 | 45' | AQUAZUMBA | PISCINA |
| 11.45 | 50' | STRECHING | SALA 1 | 11.45 | 50' | STRECHING | SALA 1 |
| 16.00 | 50' | KIDS DANCE | SALA 1 | 16.00 | 50' | KIDS DANCE | SALA 1 |
| 17.00 | 50' | PILATES | SALA 1 | 17.00 | 50' | PILATES | SALA 1 |
| 18.00 | 50' | BODYJUMP | SALA 1 | 18.00 | 50' | POWER | SALA 1 |
| 19.00 | 50' | FIT - BIKE | SALA FITNESS | 19.00 | 50' | FIT - BIKE | SALA FITNESS |
| 19.00 | 50' | ZENYO | SALA 1 | 19.00 | 50' | ZUMBA | SALA 1 |
| 20.00 | 50' | BOXING | SALA 1 | 20.00 | 50' | GLUTEBOOM | SALA 1 |
| 21.00 | 30' | PYRO | SALA FITNESS | 21.00 | 30' | PYRO | SALA FITNESS |

ACTIVIDADES DEPORTIVAS
ZONA GUADIARO

HORARIO NUEVA TEMPORADA 2022

| CUERPO MENTE | | TONIFICACIÓN | | CARDIO | | | | | |
|--|-----------------|--------------|---------------|--------|-----------------|-------|---------------|-------|-----------------|
| 9.30 | 50' ZUMBA | 9.30 | 50' BOXING | 9.30 | 50' GLUTEBOOM | 9.30 | 50' BOXING | 9.30 | 50' ZUMBA |
| 10.30 | 50' PILATES | 10.30 | 50' GLUTEBOOM | 10.30 | 50' PILATES | 10.30 | 50' GLUTEBOOM | 10.30 | 50' PILATES |
|  | | | | | | | | | |
| 19.30 | 50' ZUMBA | 19.00 | 50' GLUTEBOOM | 19.30 | 50' ZUMBA | 19.30 | 50' GLUTEBOOM | 19.30 | 50' ZUMBA |
| 20.30 | 50' PILATES/ABD | 20.00 | 50' BOXING | 20.30 | 50' PILATES/ABD | 20.30 | 50' BOXING | 20.30 | 50' PILATES/ABD |

NUEVA UBICACIÓN EN EL EDIFICIO CONCHI COLLADO PUEBLO NUEVO GUADIARO

ACTIVIDADES DEPORTIVAS
ZONA BAHIA

HORARIO NUEVA TEMPORADA 2022

| CUERPO MENTE | | TONIFICACIÓN | | CARDIO | | | | | | | | | | |
|--------------|-----|---------------|-------|--------|---------|-------|-----|---------------|-------|-----|---------|-------|-----|---------------|
| 9.30 | 50' | GLUTEBOOM | 9.30 | 50' | ZUMBA | 9.30 | 50' | GLUTEBOOM | 9.30 | 50' | ZUMBA | 9.30 | 50' | GLUTEBOOM |
| 10.30 | 50' | MANTENIMIENTO | 10.30 | 50' | PILATES | 10.30 | 50' | MANTENIMIENTO | 10.30 | 50' | PILATES | 10.30 | 50' | MANTENIMIENTO |



ACTIVIDADES DEPORTIVAS
ZONA ESTACIÓN

HORARIO NUEVA TEMPORADA 2022

CUERPO MENTE TONIFICACIÓN CARDIO

| | | | | | | | | | | | | | | |
|-------|-----|-----------|-------|-----|---------|-------|-----|-----------|-------|-----|---------|-------|-----|-----------|
| 9.30 | 50' | ZUMBA | 9.30 | 50' | PILATES | 9.30 | 50' | ZUMBA | 9.30 | 50' | PILATES | 9.30 | 50' | ZUMBA |
| 10.30 | 50' | GLUTEBOOM | 10.30 | 50' | ZUMBA | 10.30 | 50' | GLUTEBOOM | 10.30 | 50' | ZUMBA | 10.30 | 50' | GLUTEBOOM |