CENTRO DEPORTIVO UFV

FRANCISCO DE VITORIA Madrid

Una Forma de Vida

HORARIO ACTIVIDADES DIRIGIDAS

CUERPO Y MENTE | CROSS UFV | TONIFICACIÓN | CARDIO | FUNCIONAL | INICIACIÓN | BAILE | AGUA

LUNES

	Sala 1	Sala 2	Sala 3 Tatami	Sala 4 Ciclo	Zona funcional	Vaso
7-7:30				Ciclo Indoor		
7:30-8						
8-8:30						
8:30-9					TRX/ABS	
9-9:30	GAP					
9:30-10						
10-10:30						Aqua Gym
10:30-11						
11-11:30						
11:30-12						
12-12:30						
12:30-13	Circuit Training					
13-13:30						
13:30-14						
14-14:30	Pilates					
14:30-15			Boxing UFV	Ciclo Indoor		
15-15:30						
15:30-16						
16-16:30						
16:30-17					HIIT	
17-17:30						
17:30-18	GAP					
18-18:30						
18:30-19				Ciclo Indoor		
19-19:30	Combat UFV					
19:30-20			ABS Stretching			
20-20:30					Spartan UFV	
20:30-21						
21-21:30						
21:30-22						

MARTES

	Sala 1	Sala 2	Sala 3 Tatami	Sala 4 Ciclo	Zona funcional	Vaso
7-7:30	UFV Pump					
7:30-8						
8-8:30						
8:30-9						
9-9:30	GAP					
9:30-10						
10-10:30						
10:30-11						
11-11:30						
11:30-12						
12-12:30						
12:30-13	UFV Pump					
13-13:30						
13:30-14						
14-14:30		Zumba			TRX/ABS	
14:30-15				Ciclo Indoor		
15-15:30	Pilates					
15:30-16						
16-16:30						
16:30-17					Funcional	
17-17:30						
17:30-18	UFV Pump					
18-18:30						
18:30-19			Boxing UFV	Ciclo Indoor		
19-19:30						
19:30-20					Spartan UFV	
20-20:30	GAP					
20:30-21			UFV BALANCE			
21-21:30						
21:30-22						

MIÉRCOLES

	Sala 1	Sala 2	Sala 3 Tatami	Sala 4 Ciclo	Zona funcional	Vaso
7-7:30				Ciclo Indoor		
7:30-8						
8-8:30						
8:30-9					TRX/ABS	
9-9:30	PEB					
9:30-10						
10-10:30						Aqua Gym
10:30-11						
11-11:30						
11:30-12						
12-12:30						
12:30-13	Circuit Training		Boxing UFV			
13-13:30						
13:30-14						
14-14:30	Pilates					
14:30-15			Boxing UFV	Ciclo Indoor		
15-15:30						
15:30-16						
16-16:30						
16:30-17					HIIT	
17-17:30						
17:30-18	PEB					
18-18:30						
18:30-19				Ciclo Indoor		
19-19:30	Combat UFV					
19:30-20			ABS Stretching			
20-20:30					Spartan UFV	
20:30-21						
21-21:30						
21:30-22						

JUEVES

	Sala 1	Sala 2	Sala 3 Tatami	Sala 4 Ciclo	Zona funcional	Vaso
7-7:30	UFV Pump					
7:30-8						
8-8:30						
8:30-9						
9-9:30	PEB					
9:30-10						
10-10:30						
10:30-11						
11-11:30						
11:30-12						
12-12:30						
12:30-13	UFV Pump					
13-13:30						
13:30-14						
14-14:30		Zumba			TRX/ABS	
14:30-15				Ciclo Indoor		
15-15:30	Pilates					
15:30-16						
16-16:30						
16:30-17					Funcional	
17-17:30						
17:30-18	UFV Pump					
18-18:30						
18:30-19			Boxing UFV	Ciclo Indoor		
19-19:30						
19:30-20					Spartan UFV	
20-20:30	PEB					
20:30-21			UFV BALANCE			
21-21:30						
21:30-22						

VIERNES

	Sala 1	Sala 2	Sala 3 Tatami	Sala 4 Ciclo	Zona funcional	vaso
7-7:30						
7:30-8						
8-8:30						
8:30-9						
9-9:30						
9:30-10						
10-10:30	Circuit Training					
10:30-11						
11-11:30						
11:30-12						
12-12:30						
12:30-13						
13-13:30				Ciclo Indoor		
13:30-14						
14-14:30						
14:30-15			Boxing UFV			
15-15:30						
15:30-16						
16-16:30						
16:30-17						
17-17:30						
17:30-18						
18-18:30						
18:30-19				Ciclo Indoor		
19-19:30						
19:30-20						
20-20:30						
20:30-21						
21-21:30						
21:30-22						

SÁBADO

	Sala 3	Zona funcional
7-7:30		
7:30-8		
8-8:30		
8:30-9		
9-9:30		
9:30-10		
10-10:30		
10:30-11		
11-11:30		
11:30-12		
12-12:30		Spartan UFV
12:30-13		
13-13:30		
14-14:30		
14:30-15		
15-15:30		
15:30-16		
16-16:30		
16:30-17		
17-17:30		
17:30-18		
18-18:30		
18:30-19		
19-19:30		
19:30-20		
20-20:30		
20:30-21		
21-21:30		
21:30-22		

DOMINGO

	Sala 3	Zona funcional
7-7:30		
7:30-8		
8-8:30		
8:30-9		
9-9:30		
9:30-10		
10-10:30		
10:30-11		
11-11:30		
11:30-12		
12-12:30		Spartan UFV
12:30-13		
13-13:30		
14-14:30		
14:30-15		
15-15:30		
15:30-16		
16-16:30		
16:30-17		
17-17:30		
17:30-18		
18-18:30		
18:30-19		
19-19:30		
19:30-20		
20-20:30		
20:30-21		
21-21:30		
21:30-22		