

LUNES						MARTES					MIÉRCOLES					
Sala 1	Sala 2	Sala 4	Sala 5	Piscina		Sala 1	Sala 2	Sala 4	Sala 5	Piscina	Sala 1	Sala 2	Sala 4	Sala 5	Piscina	
7:30	CICLO					7:30					7:30	CICLO				7:30
7:45	INDOOR					7:45					7:45	INDOOR				7:45
8:00	VIRTUAL		INDOOR			8:00		INDOOR			8:00	VIRTUAL		INDOOR		8:00
8:15			WALKING			8:15		WALKING			8:15			WALKING		8:15
8:30			VIRTUAL			8:30		VIRTUAL	TRX		8:30			VIRTUAL		8:30
8:45						8:45					8:45					8:45
9:00				NATACIÓN		9:00	CICLO		MUEVETE		9:00				NATACIÓN	9:00
9:15				ADULTOS		9:15	INDOOR		XTREM		9:15				ADULTOS	9:15
9:30		PILATES				9:30	VIRTUAL	PILATES		AQUA		PILATES		PILATES		9:30
9:45						9:45				ZUMBA						9:45
10:00				AQUA		10:00		YOGA 60'	INDOOR		10:00				AQUA	10:00
10:15	CICLO			FUNCIONA		10:15			WALKING		10:15	CICLO			ZUMBA	10:15
10:30	INDOOR					10:30					10:30	INDOOR			FITBALL	10:30
10:45	(40-40)			AQUA		10:45					10:45	(40-40)			AQUA	10:45
11:00				PILATES		11:00	CICLO			CORE					PILATES	11:00
11:15						11:15	INDOOR								POWER PUMP	11:15
11:30						11:30	VIRTUAL			ZUMBA						11:30
11:45			INDOOR			11:45					11:45			INDOOR		11:45
12:00	CICLO		WALKING			12:00					12:00	CICLO				12:00
12:15	INDOOR		VIRTUAL			12:15			INDOOR		12:15	INDOOR			VIRTUAL	12:15
12:30	VIRTUAL					12:30					12:30	VIRTUAL				12:30
12:45						12:45					12:45					12:45
13:00						13:00	CICLO				13:00					13:00
13:15						13:15	INDOOR				13:15					13:15
13:30						13:30	VIRTUAL				13:30					13:30
13:45						13:45					13:45					13:45
14:00	CICLO					14:00					14:00	CICLO				14:00
14:15	INDOOR					14:15					14:15	INDOOR				14:15
14:30	VIRTUAL					14:30			INDOOR		14:30	VIRTUAL			INDOOR	14:30
14:45			INDOOR			14:45			WALKING		14:45			INDOOR		14:45
15:00			VIRTUAL			15:00	CICLO				15:00					15:00
15:15						15:15	INDOOR				15:15					15:15
15:30						15:30	VIRTUAL				15:30					15:30
15:45						15:45					15:45					15:45
16:00	CICLO					16:00					16:00	CICLO				16:00
16:15	INDOOR					16:15					16:15	INDOOR				16:15
16:30	VIRTUAL					16:30			INDOOR		16:30	VIRTUAL			INDOOR	16:30
16:45			INDOOR			16:45			WALKING		16:45			INDOOR		16:45
17:00			VIRTUAL			17:00	CICLO				17:00					17:00
17:15						17:15	INDOOR			PILATES		17:15				17:15
17:30				NATACIÓN		17:30	VIRTUAL				17:30					17:30
17:45				INFANTIL		17:45					17:45					17:45
18:00	CICLO					18:00			INDOOR	W'45 TRX	18:00	CICLO			POWER PUMP	18:00
18:15	INDOOR					18:15			WALKING		18:15	INDOOR				18:15
18:30						18:30				TRX	18:30					18:30
18:45						18:45					18:45					18:45
19:00						19:00	CICLO	CARDIO			19:00			CORE		AQUA
19:15		CORE				19:15	INDOOR	BOX			19:15			ZUMBA		FUNCIONAL
19:30						19:30				Box-Kick	19:30					
19:45						19:45			INDOOR		19:45		YOGA 55'		INDOOR	MUEVETE
20:00		YOGA 55'				20:00	PILATES		WALKING		20:00				WALKING	XTREM
20:15						20:15			VIRTUAL		20:15					
20:30	CICLO					20:30	CICLO	G.A.P.		POWER PUMP	20:30	CICLO				NATACIÓN
20:45	INDOOR					20:45	INDOOR	EXPRESS			20:45	INDOOR				ADULTOS
21:00		PILATES				21:00					21:00		PILATES		INDOOR	
21:15						21:15					21:15				WALKING	Box-Kick
21:30	CICLO					21:30					21:30	CICLO				
21:45	INDOOR	STRETCHING				21:45					21:45	INDOOR	STRETCHING			
22:00	VIRTUAL					22:00					22:00	VIRTUAL				
22:15						22:15					22:15					
22:30						22:30					22:30					
22:45						22:45					22:45					



Centro Deportivo
Muévete

HORARIO DE APERTURA

DE LUNES A JUEVES DE 7:30-23:00

VIERNES DE 7:30 - 22:30

SÁBADOS 10:00 a 14:00 y 17:00 a 21:00

DOMINGO de 10:00 a 14:00

Ya puedes efectuar las reservas de clases colectivas en la WEB del Centro deportivo Muévete

Carretera de Fuensanta, nº 20,
13004 Ciudad Real

infocentro@muevete.eu
www.centrodeportivomuevete.es



JUEVES						VIERNES					
Sala 1	Sala 2	Sala 4	Sala 5	Piscina		Sala 1	Sala 2	Sala 4	Sala 5	Piscina	
7:30						7:30					
7:45						7:45					
8:00			INDOOR			8:00	CICLO		INDOOR		
8:15			WALKING			8:15	INDOOR		WALKING		
8:30			VIRTUAL	TRX		8:30	VIRTUAL		VIRTUAL		
8:45						8:45			TRX		
9:00	CICLO			MUEVETE		9:00					
9:15	INDOOR			XTREM		9:15					
9:30	VIRTUAL	PILATES				9:30	PILATES		POWER		
9:45						9:45			PUMP		
10:00					AQUA GYM	10:00					
10:15		YOGA 60'	INDOOR			10:15	CICLO			AQUAGYM	
10:30			WALKING			10:30	INDOOR				
10:45				CORE	AQUA	10:45	(10-10)			FUNCIONAL	
11:00	CICLO				PILATES	11:00					
11:15	INDOOR					11:15					
11:30	VIRTUAL			ZUMBA		11:30			INDOOR		
11:45						11:45			WALKING		
12:00			INDOOR			12:00	CICLO		VIRTUAL		
12:15			WALKING			12:15	INDOOR				
12:30			VIRTUAL			12:30	VIRTUAL				
12:45						12:45					
13:00	CICLO					13:00					
13:15	INDOOR					13:15					
13:30	VIRTUAL					13:30					
13:45						13:45					
14:00						14:00	CICLO				
14:15						14:15	INDOOR				
14:30			INDOOR			14:30	VIRTUAL				
14:45			WALKING			14:45			INDOOR		
15:00	CICLO		VIRTUAL			15:00			VIRTUAL		
15:15	INDOOR					15:15					
15:30	VIRTUAL					15:30					
15:45						15:45					
16:00						16:00	CICLO				
16:15						16:15	INDOOR				
16:30			INDOOR			16:30	VIRTUAL				
16:45			WALKING			16:45			INDOOR		
17:00	CICLO		VIRTUAL			17:00					
17:15	INDOOR					17:15					
17:30	VIRTUAL				PILATES	17:30					
17:45						17:45					
18:00			INDOOR	W'45 TRX	NATACIÓN	18:00	CICLO			PILATES	NATACIÓN
18:15			WALKING		INFANTIL	18:15	INDOOR				
18:30				TRX		18:30	VIRTUAL				
18:45						18:45					
19:00	CICLO					19:00					
19:15	INDOOR			CARDIO		19:15		Baile	INDOOR	Box-Kick	
19:30	VIRTUAL			BOX		19:30	CICLO	moderno	WALKING		
19:45			INDOOR			19:45	INDOOR	Adultos	VIRTUAL		
20:00		PILATES			CORE	20:00				TRX	
20:15						20:15					
20:30	CICLO	G.A.P.			NATACIÓN	20:30	CICLO				
20:45	INDOOR	EXPRESS			TERAPÉUTI	20:45	INDOOR				
21:00	VIRTUAL					21:00					
21:15			INDOOR			21:15					
21:30			WALKING			21:30					
21:45			VIRTUAL			21:45				BOX, CHINO	
22:00						22:00					
22:15						22:15					
22:30											
22:45											

SABADO						DOMINGO	
Sala 1/4	Sala 2	Sala 5	PISCINA	Sala 1/4	Sala 2 / 5		
10:00							
10:15							
10:30		PILATES				PILATES	
10:45							
11:00	CICLO					INDOOR	
11:15	INDOOR					WALKING	
11:30	VIRTUAL						
11:45							
12:00							
12:15			POWER				
12:30	INDOOR		PUMP			CICLO	
12:45	WALKING					INDOOR	
13:00	VIRTUAL					VIRTUAL	
13:15							
13:30							
13:45							

14:00

SABADO		
Sala 1	Sala 4	
17:00		
17:15		
17:30		
17:45		
18:00	CICLO	
18:15	INDOOR	
18:30	VIRTUAL	
18:45		
19:00		INDOOR
19:15		WALKING
19:30	CICLO	VIRTUAL
19:45	INDOOR	
20:00	VIRTUAL	
20:15		
20:30		
20:45		

21:00



CLASES DE PADEL

ADULTOS: LUNES - MIERCOLES
(19:00 a 20:00)
NIÑOS: SÁBADO
(09:15 a 10:15)