## CYCLE: CICLO TOTAL - CICLO VIRTUAL

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 19:30 - 20:15<br>**Ciclo Indoor (Máx 19)** | 09:25 - 10:10<br>**Ciclo Indoor (Máx 19)** | 19:30 - 20:15<br>**Ciclo Indoor (Máx 19)** | 09:30 - 10:15<br>**Ciclo Indoor (Máx 19)** | | | |
| | 19:30 - 20:15<br>**Ciclo Indoor (Máx 19)** | | 19:30 - 20:15<br>**Ciclo Indoor (Máx 19)** | | | |

**30/09/2025**

Ayuntamiento de Cuéllar de la Sagra

## PABELLÓN 1

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 17:15 - 18:15<br>**Zumba (Máx 30)** | 11:30 - 12:15<br>**Zumba (Máx 30)** | 17:15 - 18:15<br>**Zumba (Máx 30)** | 11:30 - 12:15<br>**Zumba (Máx 30)** | | | |

**30/09/2025**

# PABELLÓN: TONO / CROSS-HIIT / GAP / BOXEO

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:25 - 10:10<br>**Tono (Máx 30)** | 17:15 - 18:00<br>**Cross-Hiit (Máx 30)** | 09:25 - 10:10<br>**Tono (Máx 30)** | 17:15 - 18:00<br>**Cross-Hiit (Máx 30)** | 09:30 - 10:15<br>**Tono (Máx 30)** | | |
| 18:30 - 19:15<br>**Tono (Máx 30)** | 18:00 - 19:00<br>**Thai boxing (Máx 0)** | 18:30 - 19:15<br>**Tono (Máx 30)** | 18:00 - 19:00<br>**Thai boxing (Máx 0)** | | | |
| 19:45 - 20:30<br>**Cross-Hiit (Máx 30)** | 19:00 - 19:45<br>**Boxeo (Máx 30)** | 19:45 - 20:30<br>**Cross-Hiit (Máx 30)** | 19:00 - 19:45<br>**Boxeo (Máx 30)** | | | |
| | 20:15 - 21:00<br>**Tono (Máx 30)** | | 20:15 - 21:00<br>**Tono (Máx 30)** | | | |

**30/09/2025**

Ayuntamiento de Cuéllar de la Sagra

# SALUD Y BIENESTAR: PILATES / YOGA

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 10:30 - 11:15<br>**Pilates (Máx 18)** | 10:30 - 11:30<br>**YOGA (Máx 18)** | 10:30 - 11:15<br>**Pilates (Máx 18)** | 10:30 - 11:30<br>**YOGA (Máx 18)** | 10:30 - 11:15<br>**Pilates (Máx 18)** | | |
| 18:30 - 19:30<br>**YOGA (Máx 18)** | 17:30 - 18:30<br>**YOGA (Máx 18)** | 18:30 - 19:30<br>**YOGA (Máx 18)** | 17:30 - 18:30<br>**YOGA (Máx 18)** | | | |
| 20:15 - 21:00<br>**Pilates (Máx 18)** | 18:30 - 19:15<br>**Pilates (Máx 18)** | 20:15 - 21:00<br>**Pilates (Máx 18)** | 18:30 - 19:15<br>**Pilates (Máx 18)** | | | |

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