

Curso 2022/2023

INFANTIL 1

| HORARIO | CDM SIGLO XXI | | CDM PALAFOX | | CDM J. GARCÉS | | CDM ALBERTO MAESTRO | |
|---------------|---------------|-----|-------------|-----|---------------|-----|---------------------|-----|
| | LyX | MyJ | LyX | MyJ | LyX | MyJ | LyX | MyJ |
| 16,30 a 17,00 | | | | | 10 | | | |
| 16,45 a 17,15 | | | 10 | 10 | | 10 | | |
| 17,00 a 17,30 | | | | | 10 | | 5 | 5 |
| 17,15 a 17,45 | | 10 | 10 | 10 | | 10 | | |
| 17,45 a 18,15 | | 10 | 10 | 10 | | 10 | 5 | 5 |

INFANTIL 2

| HORARIO | CDM SIGLO XXI | | | CDM PALAFOX | | | CDM J. GARCÉS | | | CDM ALBERTO MAESTRO | |
|---------------|---------------|-----|----|-------------|-----|----|---------------|-----|----|---------------------|---|
| | LyX | MyJ | V | LyX | MyJ | V | LyX | MyJ | V | MyJ | V |
| 16,30 a 17,15 | | | | | | | | | | | 8 |
| 16,45 a 17,30 | | | 16 | 8 | 8 | 16 | | | 16 | | |
| 17,15 a 18,00 | | | | | | | | | | | 8 |
| 17,30 a 18,15 | | | 16 | | 16 | 16 | 16 | | | | |
| 18,00 a 18,45 | | | | | | | | | | | 8 |
| 18,15 a 19,00 | | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | | |
| 18,45 a 19,30 | | | | | | | | | | | 8 |
| 19,00 a 19,45 | | | 16 | 16 | | 16 | | | | | |

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INFANTIL 3

| HORARIO | CDM ALBERTO MAESTRO | | | CDM PALFOX | | | CDM J. GARCÉS | | CDM SIGLO XXI | | | PALACIO DEPORTES | | |
|---------------|------------------------|-----|---|---------------|-----|----|------------------|----|------------------|-----|----|---------------------|-----|----|
| | LyX | MyJ | V | LyX | MyJ | V | LyX | V | LyX | MyJ | V | LyX | MyJ | V |
| 16,30 a 17,15 | 9 | | | | | | | | | | | | | |
| 16,45 a 17,30 | | | | | | | | | | 9 | 18 | | | |
| 17,15 a 18,00 | 9 | 9 | | | | | | | | | | | | |
| 17,30 a 18,15 | | | | 18 | | | | 18 | | 9 | 18 | | | 18 |
| 18,15 a 19,00 | | | | | | | | | | 9 | 18 | | | 18 |
| 19,00 a 19,45 | | | | | | | 9 | 18 | | | 18 | | | 18 |
| 19,45 a 20,30 | | | | | | 18 | | | | | | | | |

PERFECCIONAMIENTO INFANTIL

| HORARIO | CDM ALBERTO MAESTRO | | PALACIO DEPORTES | | CDM J. GARCÉS | | CDM PALAFOX | CDM SIGLO XXI |
|---------------|------------------------|-----|---------------------|-----|------------------|-----|----------------|------------------|
| | LyX | MyJ | LyX | MyJ | LyX | MyJ | MyJ | MyJ |
| 16,45 a 17,30 | | | | | | | | 9 |
| 17,30 a 18,15 | | | 9 | | | | | 9 |
| 18,00 a 18,45 | 18 | 9 | | | | | | |
| 18,15 a 19,00 | | | | 9 | | | | |
| 18,45 a 19,30 | 9 | 9 | | | | | | |
| 19,00 a 19,45 | | | | | | 9 | 9 | |

JOVENES

| HORARIO | PALACIO DEPORTES | |
|---------------|---------------------|-----|
| | LyX | MyJ |
| 17,30 a 18,15 | 9 | 9 |

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ADULTOS

| HORARIO | CDM ALBERTO MAESTRO | | | CDM PALAFOX | | | CDM J. GARCÉS | | | CDM SIGLO XXI | | | PALACIO DEPORTES | | |
|---------------|---------------------|-----|----|-------------|-----|----|---------------|-----|----|---------------|-----|----|------------------|-----|----|
| | LyX | MyJ | V | LyX | MyJ | V | LyX | MyJ | V | LyX | MyJ | V | LyX | MyJ | V |
| 07,00 a 07,45 | | | 9 | | | 9 | 9 | | | | | | | 9 | |
| 07,45 a 08,30 | 9 | | 9 | 18 | | | | 9 | | | 9 | | | | |
| 08,30 a 09,15 | | | | | | | | | | | | | 9 | | |
| 09,15 a 10,00 | | 9 | 9 | | | | | | | | | | | | |
| 09,45 a 10,30 | | | | | | | | | | | | | | | |
| 10,00 a 10,45 | 9 | 9 | 9 | | | | | | | | | 9 | 18 | | |
| 10,30 a 11,15 | | | | | | | | | | | | | | | |
| 10,45 a 11,30 | | | | | | | | | | | 9 | 9 | | | |
| 11,00 a 11,45 | | | | | | | | | | | | | | | 9 |
| 15,00 a 15,45 | | 9 | | | | | | | | | | | | | |
| 15,15 a 16,00 | | | | | | | | | | | | 18 | | 18 | 18 |
| 15,45 a 16,30 | | | 18 | | | | | | | | | | | | |
| 16,00 a 16,45 | | | | | | 18 | | 9 | 18 | 9 | | 18 | 18 | 9 | 18 |
| 16,30 a 17,15 | | 9 | | | | | | | | | | | | | |
| 16,45 a 17,30 | | | | | | | | | | | | | | | 18 |
| 18,15 a 19,00 | | 9 | | | | | | | | | 9 | | | | |
| 19,00 a 19,45 | | | | | 9 | | | | | | 9 | | | | |
| 19,30 a 20,15 | | | 18 | | | | | | | | | | | | |
| 19,45 a 20,30 | | | | 18 | | | | | 18 | | | 18 | | | |
| 20,15 a 21,00 | | | 9 | | | | | | | | | | | | |
| 20,30 a 21,15 | | | | | | 18 | | | 18 | | | 18 | 9 | 9 | |

ADULTOS NIVEL AVANZADO

| HORARIO | CDM ALBERTO MAESTRO | | CDM PALAFOX | | CDM JOSE GARCÉS | | CDM SIGLO XXI | | PALACIO | |
|---------------|---------------------|-----|-------------|-----|-----------------|-----|---------------|-----|---------|-----|
| | LyX | MyJ | LyX | MyJ | LyX | MyJ | LyX | MyJ | LyX | MyJ |
| 07,00 a 07,45 | 9 | 9 | 9 | | | | | 9 | | |
| 07,45 a 08,30 | | | | | | | | | | 9 |
| 08,30 a 09,15 | 9 | | | | | 9 | | | | |
| 09,15 a 10,00 | | | | | | | | | 9 | |
| 15,15 a 16,00 | | | | | | | | | 9 | |
| 15,45 a 16,30 | 9 | 9 | | | | | | | | |
| 16,00 a 16,45 | | | | | | | | 18 | | |
| 16,45 a 17,30 | | | | | | | | | 9 | 9 |
| 19,00 a 19,45 | | | | | 9 | | | | | 9 |
| 19,45 a 20,30 | | | | 9 | | | | 9 | 9 | 9 |

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SENIORS

| HORARIO | CDM ALBERTO MAESTRO | | CDM PALAFOX | | PALACIO DEPORTES | | CDM J. GARCÉS | | CDM SIGLO XXI | |
|---------------|------------------------|-------|----------------|-------|---------------------|-------|------------------|-------|------------------|-------|
| | L y X | M y J | L y X | M y J | L y X | M y J | L y X | M y J | L y X | M y J |
| 09,15 a 09,45 | | | | | | 9 | | | | |
| 09,45 a 10,15 | | | | | | 9 | | | | |
| 10,45 a 11,15 | | | | 9 | | | | | | |
| 11,00 a 11,30 | 9 | 9 | | | | | | | | |
| 11,30 a 12,00 | 9 | 9 | | | 9 | | | | | 9 |
| 12,15 a 12,45 | | | | | | | | 9 | | |