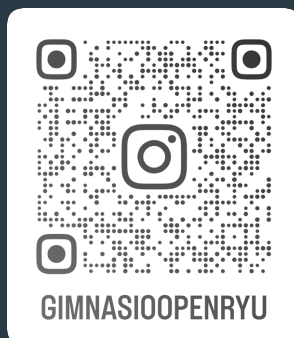


**LUNES A VIERNES:**  
9:00-13:00 16:00-21:00

**SÁBADOS:**  
10:00-13:00



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**GIMNASIO**



**OPEN RYU**

MÁS DE 40 AÑOS DEDICADOS AL DEPORTE

**INSTALACIONES  
RENOVADAS**

## PLANTA CALLE ARTES MARCIALES

|             | L                  | M                   | X                         | J                   | V                       | S         |
|-------------|--------------------|---------------------|---------------------------|---------------------|-------------------------|-----------|
| 10:00-11:00 | JIU-JITSU ADULTO   | KARATE              | JIU-JITSU ADULTO          |                     | KARATE                  |           |
| 11:00-12:00 |                    |                     |                           |                     |                         | GRAPPLING |
| 17:00-17:30 | KARATE 2           | KARATE 1            | KARATE 2                  | KARATE 1            | KARATE KATA             |           |
| 17:30-18:00 |                    |                     |                           |                     |                         |           |
| 18:00-18:30 | KARATE KUMITE      | JIU-JIUTSU INFANTIL | KARATE KATA SUPERIOR      | JIU-JIUTSU INFANTIL | KARATE KUMITE           |           |
| 18:30-19:00 |                    |                     |                           |                     |                         |           |
| 19:00-19:30 | KARATE KATA BÁSICO | BOXEO               | KARATE KUMITE             | BOXEO               | KARATE COMPETICIÓN KATA |           |
| 19:30-20:00 |                    | BOXEO INICIACIÓN    | KARATE COMPETICIÓN KUMITE | GRAPPLING           |                         |           |
| 20:00-20:30 | BOXEO ADULTO       |                     | BOXEO ADULTO              |                     | BOXEO LIBRE             |           |
| 20:30-21:00 |                    | GRAPPLING           |                           |                     |                         |           |
| 21:00-21:30 |                    | AIKIDO              |                           | AIKIDO              |                         |           |
| 21:30-22:00 |                    |                     |                           |                     |                         |           |



## PLANTA BAJA FITNESS

|             | L             | M            | X             | J        | V            | S               |
|-------------|---------------|--------------|---------------|----------|--------------|-----------------|
| 10:00-10:15 |               |              |               |          |              |                 |
| 10:15-10:30 | CROSS CIRCUIT | TONIFICACIÓN | CROSS CIRCUIT | STEP     | TONIFICACIÓN |                 |
| 10:30-10:45 |               |              |               |          |              | TALLER DE BAILE |
| 10:45-11:00 | CORE          | CORE         | CORE          | CORE     | CORE         |                 |
| 18:00-18:15 | TONIFICACIÓN  |              | TONIFICACIÓN  |          |              |                 |
| 18:15-18:30 |               | TRAINING     |               | TRAINING |              |                 |
| 18:30-18:45 | STEP          |              | STEP          |          |              |                 |
| 18:45-19:00 |               | CORE         |               | CORE     |              |                 |
| 19:00-19:15 | CORE          |              | CORE          |          |              |                 |
| 19:15-19:30 |               |              |               |          |              |                 |
| 19:30-19:45 | CROSS CIRCUIT |              | CROSS CIRCUIT |          |              |                 |
| 19:45-20:00 |               |              |               |          |              |                 |

500 M<sup>2</sup> DE INSTALACIONES RENOVADAS

## TARIFAS ARTES MARCIALES

|                          | 2 DÍAS | 3 DÍAS | >3 DÍAS |
|--------------------------|--------|--------|---------|
| INFANTIL <13 años        | 38€    | 41€    | 44€     |
| JUVENIL/ADULTO >13 años  | 41€    | 44€    | 49€*    |
| COMPLEMENTO SALA FITNESS | 5€     |        |         |

\*ESTA TARIFA INCLUYE SEGUNDA ACTIVIDAD O COMPLEMENTO DE SALA

## TARIFAS FITNESS

|                       | 2 DÍAS | 3 DÍAS | >3 DÍAS | >3 DÍAS +SALA |
|-----------------------|--------|--------|---------|---------------|
| ACTIVIDADES DIRIGIDAS | 33€    | 36€    | 39€     | 49€           |
| SALA FITNESS          | 33€    |        |         |               |

## ACCESO LIBRE

69€

## DESCUENTOS

|                     |     |
|---------------------|-----|
| TRIMESTRAL          | 5%  |
| SEMESTRAL           | 10% |
| ANUAL               | 15% |
| FAMILIARES DIRECTOS | 5%  |

LOS PAGOS SE DOMICILIARÁN A PRIMEROS DE MES.  
DARSE DE BAJA ANTES DEL DÍA 25 DEL MES ANTERIOR.