

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
07:45		BOX TRAINNING		BOX TRAINNING			
08:00		SPORT SWIM ADULTOS		SPORT SWIM ADULTOS			
08:15	SPORTCYCLE STRONG BY ZUMBA	SPORTCYCLE	SPORTCYCLE STRONG BY ZUMBA	SPORTCYCLE	SPORTCYCLE STRONG BY ZUMBA		
08:45	KANGOO POWER		KANGOO POWER		KANGOO POWER		
09:00		GIMNASIA ACUÁTICA LOCALIZADA	GIMNASIA ACUÁTICA	GIMNASIA ACUÁTICA LOCALIZADA		SPORT SWIM ADULTOS	
09:15	BODY PUMP SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE BODY PUMP	SPORT FUNCTIONAL	SPORTCYCLE BODY PUMP	GIMNASIA ACUÁTICA	
09:30	ZUMBA		ZUMBA		ZUMBA	YOGA	
10:00	MÓDULO SENIOR GIMNASIA YOGA	SPORT SWIM ADULTOS STRETCHING	MÓDULO SENIOR GIMNASIA YOGA	SPORT SWIM ADULTOS STRETCHING	STRETCHING	STRETCHING	SPORTCYCLE
10:10	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
10:15						SPORT SWIM NIÑOS (3 A 14)	
11:00	SENIOR MÓDULO SENIOR PILETA		MÓDULO SENIOR PILETA SENIOR			SPORT SWIM NIÑOS (3 A 14) POWER LOCAL BOXEO RECREATIVO	SPORTCYCLE
11:15						KANGOO POWER	
11:30						BEBES	
11:45						SPORT SWIM ADULTOS	
12:00						SPORTCYCLE	
12:15						ZUMBA BEBES	
13:00	SPORT SWIM ADULTOS	ROWING CLASS SPORT SWIM ADULTOS		ROWING CLASS SPORT SWIM ADULTOS	ZUMBA		
13:15	POWER FIT SPORT FUNCTIONAL SPORTCYCLE KANGOO POWER	SPORT FUNCTIONAL LOCALIZADA INT. SPORTCYCLE	POWER FIT SPORTCYCLE SPORT FUNCTIONAL KANGOO POWER	LOCALIZADA INT. SPORTCYCLE SPORT FUNCTIONAL	POWER LOCAL SPORT FUNCTIONAL SPORTCYCLE		

13:30		ROWING CLASS		ROWING CLASS			
14:15	LOCALIZADA INT.		LOCALIZADA INT.		POWER LOCAL		
15:00	GIMNASIA ACUÁTICA		GIMNASIA ACUÁTICA		GIMNASIA ACUÁTICA		
15:15		SPORTCYCLE		SPORTCYCLE			
17:00		TAEKWONDO INFANTIL		TAEKWONDO INFANTIL		CLASE DE SALSA	
17:15	MODULO NIÑOS	MODULO NIÑOS	MODULO NIÑOS	MODULO NIÑOS			
17:45		TAEKWONDO INFANTIL		TAEKWONDO INFANTIL			
18:00	SPORT SWIM NIÑOS (3 A 14) KANGOO POWER PILATES MAT	SPORT SWIM NIÑOS (3 A 14) KANGOO POWER	PILATES MAT SPORT SWIM NIÑOS (3 A 14) KANGOO POWER	SPORT SWIM NIÑOS (3 A 14) KANGOO POWER	KANGOO POWER PILATES MAT		
18:30		BOX TRAINNING		BOX TRAINNING			
18:45		SPORT SWIM JUVENILES ZUMBA		SPORT SWIM JUVENILES ZUMBA			
19:00	SPORT FUNCTIONAL TALLER DE ABDOMINALES BODY COMBAT SPORT SWIM ADULTOS SPORTCYCLE	SPORTCYCLE GIMNASIA ACUÁTICA	SPORT FUNCTIONAL SPORTCYCLE TALLER DE ABDOMINALES BODY COMBAT SPORT SWIM ADULTOS	SPORTCYCLE GIMNASIA ACUÁTICA	SPORT FUNCTIONAL TALLER DE ABDOMINALES BODY COMBAT SPORTCYCLE		
19:30	TALLER DE ESTIRAMIENTO	STRONG BY ZUMBA STRETCHING	TALLER DE ESTIRAMIENTO	STRETCHING STRONG BY ZUMBA	TALLER DE ESTIRAMIENTO		
20:00	SPORT FUNCTIONAL SPORT SWIM ADULTOS BODY PUMP SPORTCYCLE	SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE BODY PUMP SPORT SWIM ADULTOS	SPORTCYCLE	SPORTCYCLE BODY PUMP SPORT FUNCTIONAL		
20:30		YOGA		YOGA			