

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	TULUKA	TULUKA	TULUKA	TULUKA	TULUKA		
08:00	TULUKA SPORTCYCLE TALLER SPORT FUNCTIONAL 30'	TULUKA LOCALIZADA	TULUKA TALLER SPORT FUNCTIONAL 30' SPORTCYCLE	TULUKA LOCALIZADA	TULUKA SPORTCYCLE TALLER SPORT FUNCTIONAL 30'		
09:00	TULUKA	TULUKA SPORT FUNCTIONAL	TULUKA	TULUKA SPORT FUNCTIONAL	TULUKA	TULUKA	
09:30	STRETCHING		STRETCHING		STRETCHING		
10:00	TALLER SPORT FUNCTIONAL 30'	STRETCHING	TALLER SPORT FUNCTIONAL 30'	STRETCHING	TALLER SPORT FUNCTIONAL 30'	TULUKA TALLER SPORT FUNCTIONAL 30'	
10:30	GYM P/MAYORES		GYM P/MAYORES		GYM P/MAYORES		
11:00		YOGA		YOGA		TULUKA	
12:00	TALLER SPORT FUNCTIONAL 30' TULUKA	TALLER SPORT FUNCTIONAL 30' TULUKA	TALLER SPORT FUNCTIONAL 30' TULUKA	TALLER SPORT FUNCTIONAL 30' TULUKA	TULUKA TALLER SPORT FUNCTIONAL 30'	TALLER SPORT FUNCTIONAL 30' UBOUND	
13:00	TULUKA LOCAL MIX TRAINING	TULUKA	TULUKA LOCAL MIX TRAINING	TULUKA	TULUKA LOCAL MIX TRAINING	SPORTCYCLE	
15:00	TALLER SPORT FUNCTIONAL 30'	TALLER SPORT FUNCTIONAL 30'	TALLER SPORT FUNCTIONAL 30'	TALLER SPORT FUNCTIONAL 30'	TALLER SPORT FUNCTIONAL 30'		
16:00						TULUKA TALLER SPORT FUNCTIONAL 30'	
17:00	TULUKA SPORT FUNCTIONAL	TULUKA TALLER SPORT FUNCTIONAL 30'	TULUKA SPORT FUNCTIONAL	TULUKA TALLER SPORT FUNCTIONAL 30'	SPORT FUNCTIONAL TULUKA	TULUKA ACUÁTICO	

18:00	AERO BOX TULUKA	RITMOS LATINOS UBOUND TULUKA	TULUKA AERO BOX	TULUKA UBOUND RITMOS LATINOS	AERO BOX TULUKA	TALLER SPORT FUNCTIONAL 30' TULUKA	
19:00	TULUKA FUNCIONAL ACUÁTICO HATHA YOGA SPORTCYCLE	TULUKA STRETCHING HARD TRAINING SPORTCYCLE	TULUKA FUNCIONAL ACUÁTICO HATHA YOGA SPORTCYCLE	TULUKA HARD TRAINING SPORTCYCLE STRETCHING	TULUKA FUNCIONAL ACUÁTICO SPORTCYCLE HATHA YOGA		
20:00	HIIT HATHA YOGA TULUKA SPORTCYCLE	TULUKA XTREME FUSION ZUMBA BOXEO RECREATIVO	HIIT HATHA YOGA TULUKA SPORTCYCLE	TULUKA XTREME FUSION ZUMBA BOXEO RECREATIVO	HATHA YOGA TULUKA HIIT SPORTCYCLE		
20:45		SPORTCYCLE		SPORTCYCLE			
21:00	TAEKWONDO (ADULTOS) TULUKA ABDOMINALES TALLER SPORT FUNCTIONAL 30'	TALLER SPORT FUNCTIONAL 30'	TAEKWONDO (ADULTOS) TULUKA ABDOMINALES TALLER SPORT FUNCTIONAL 30'	TALLER SPORT FUNCTIONAL 30'	TULUKA TAEKWONDO (ADULTOS) TALLER SPORT FUNCTIONAL 30' ABDOMINALES		
21:30	GAP		GAP		GAP		

Obras Paraguay Paraguay 2060 - (11) 4961-4422 - info.paraguay@sportclub.com.ar

