

HORARIO DE ACTIVIDADES "ENERO 2020"

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
9:30	09:30 a 10:30 Hs. PILATES Monitora: ROSA (TATAMI)	09:30 a 10:25 Hs. TBC FULL BODY Monitor: NINO	09:30 a 10:30 Hs. PILATES Monitora: ROSA (TATAMI)	09:30 - 10:10 TBC FULL BODY Monitor: VISI	09:30 a 10:30 Hs. CICLO INDOOR Monitor: PABLO	
	09:30 a 10:20 Hs. CICLO INDOOR Monitor: MANEJ	09:30 a 10:20 Hs. CICLO INDOOR VIRTUAL Monitor: VIRTUAL	09:30 a 10:20 Hs. CICLO INDOOR Monitor: MANEJ	09:30 a 10:20 Hs. CICLO INDOOR VIRTUAL Monitor: VIRTUAL	09:30 a 10:30 Hs. BODYPUMP VIRTUAL Monitora: VIRTUAL	
	09:30 a 10:30 Hs. BODYPUMP Monitora: MANOLI		09:30 a 10:30 Hs. BODYPUMP Monitora: MANOLI			
10:30	10:30 a 11:20 Hs. FUNCIONAL Monitor: MANEJ	10:30 a 11:20 Hs. BRASILIAN Monitor: NINO	10:30 a 11:20 Hs. FUNCIONAL Monitor: MANEJ			
			10:30 a 11:15 Hs. HIPOPRESIVAS Monitor: NOELIA			
11:40		11:40 a 12:30 Hs. CALISTENIA Monitor: NINO				
15:00			15:30 a 16:10 hs FUNCIONAL Monitor: MANOLI			
15:20	15:15 HS 16 hs QUEMAGRASAS HIIT Monitora: VISI	15:10 a 16:20 Hs. CICLE INDOOR Monitor: PABLO	15:20 a 16:20 Hs ZUMBA Monitor: JUANAN	15:15 a 16:30 Hs. PILATES Monitora: ROSA (Parquet)		
17:15		17:15 a 18:10 Hs KARATE NINOS Monitor: ALFREDO		17:15 a 18:10 Hs KARATE NINOS Monitor: ALFREDO		
17:30	17:30 a 18:20 Hs CALISTENIA Monitor: DANI		17:30 a 18:20 Hs CALISTENIA Monitor: DANI		17:30 a 18:20 Hs CALISTENIA Monitor: DANI	
18:00	18:00 a 19:00 Hs. CICLO INDOOR Monitor: MANOLO		18:00 a 19:00 Hs. CICLO INDOOR Monitor: MANOLO		18:00 a 19:00 Hs. CICLO INDOOR Monitor: MANOLO	
18:05		18:10 A 19:10 Hs YOGA Monitor: ALFREDO (PARKET)		18:10 A 19:10 Hs YOGA Monitor: ALFREDO (PARKET)		
18:15	18:05 a 19:00 Hs ZUMBA Monitor: JUANAN				18:30 a 19:30 Hs PILATES ADAPTADO Monitora: ROSA	
18:30		18:15 a 19:15 Hs. PILATES Monitora: ROSA				
19:00	19:00 a 20:00 Hs. FUNCIONAL Monitor: RODDY	19:00 a 20:00 Hs. CICLO INDOOR Monitor: PABLO	19:00 a 20:00 Hs. FUNCIONAL Monitor: RODDY	19:00 a 20:00 Hs. CICLE INDOOR Monitor: PABLO	19:00 a 19:50 Hs GAP FUNCIONAL Monitor: DANI	
	19:00 a 19:50 Hs. GAP Monitor: BEA		19:00 a 19:50 Hs. GAP Monitor: MANOLI	19:15 a 20:00 Hs. FUNCIONAL Monitor: RODDY		
19:15		19:15 a 20:00 Hs. TBC FULL BODY Monitor: RODDY		19:05 a 20:00 Hs. BODYPUMP Monitor: BEA		
				19:00 a 19:50 Hs BOXEO Monitor: DANI	19:30 a 20:30 Hs PILATES Monitora: ROSA	
19:30		19:30 a 21:00 Hs KARATE Monitor: ALFREDO		19:30 a 21:00 Hs KARATE Monitor: ALFREDO		
20:00	20:00 a 21:00 Hs. CICLO INDOOR Monitora: PABLO	20:00 a 21:00 Hs. BODYPUMP Monitor: BEA	20:00 a 21:00 Hs. CICLO INDOOR Monitora: JORDI	20:00 a 20:50 Hs. TBC FULL BODY Monitor: BEA		
	20:00 a 21:00 Hs. BODYPUMP Monitora: RODDY	20:00 a 21:00 Hs KICK-BOXING Monitor: ADRIA	20:00 a 20:50 Hs. BODYPUMP Monitor: MANOLI	20:00 a 21:00 Hs KICK-BOXING Monitor: ADRIA	20:00 a 21:00 Hs KICK-BOXING Monitor: ADRIA	
	20:00 a 20:50 Hs CALISTENIA Monitor: DANI		20:00 a 20:50 Hs CALISTENIA Monitor: DANI	21:00 a 21:50 Hs CALISTENIA Monitor: DANI	20:00 a 20:50 Hs CALISTENIA Monitor: DANI	
21:00	21:00 a 22:00 Hs BOXEO Monitor: DANI	21:00 a 22:00 Hs JIUJITSU Monitor: ALFREDO	21:00 a 22:00 Hs BOX EO Monitor: DANI	21:00 a 22:00 Hs JIUJITSU Monitor: ALFREDO		