

HORARIO DE ACTIVIDADES "FEBRERO 2020"

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	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
9:30	09:30 a 10:30 Hs. PILATES Monitor: ROSA (TATAMI)	09:30 a 10:25 Hs. TBC FULL BODY Monitor: NINO	09:30 a 10:30 Hs. PILATES Monitor: 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 Monitor: VIRTUAL
	09:30 a 10:30 Hs. BODYPUMP Monitor: MANOLI		09:30 a 10:30 Hs. BODYPUMP Monitor: MANOLI		09:30 a 10:30 Hs. BALANCE HORTON Monitor: DAVID (TATAMI)
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 11:30 Hs. JAZZ Monitor: DAVID
			10:30 a 11:15 Hs. HIPOPRESIVAS Monitor: NOELIA		
11:40		11:40 a 12:30 Hs. CALISTENIA Monitor: NINO			
15:00		15:10 a 16:00 Hs. JAZZ Monitor: DAVID	15:30 a 16:10 Hs. FUNCIONAL Monitor: MANOLI		
15:20	15:15 HS 16 hs QUEMAGRASAS HIIT Monitor: 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 Monitor: 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 Monitor: ROSA
18:30	18:30 a 19:00 Hs. TECNICAS CALISTENIA (PINO) Monitor: DANI	18:15 a 19:15 Hs. PILATES Monitor: ROSA	18:30 a 19:00 Hs. TECNICAS CALISTENIA (PINO) Monitor: DANI		
19:00		19:00 a 20:00 Hs. CICLO INDOOR Monitor: PABLO		19:00 a 20:00 Hs. CICLE INDOOR Monitor: PABLO	
	19:00 a 19:50 Hs. GAP Monitor: DANI		19:00 a 19:50 Hs. GAP Monitor: DANY		19:00 a 19:50 Hs. GAP FUNCIONAL Monitor: DANI
19:15	19:10 a 20:00 Hs. JAZZ Monitor: DAVID	19:15 a 20:00 Hs. TBC FULL BODY Monitor: RODDY		19:05 a 20:00 Hs. BODYPUMP Monitor: BEA	
	19:15 a 20:00 Hs. CORE -FUNCIONAL Monitor: RODDY		19:15 a 20:00 Hs. FUNCIONAL Monitor: RODDY	19:15 a 20:00 Hs. FUNCIONAL Monitor: RODDY	19:30 a 20:30 Hs. PILATES Monitor: 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 Monitor: PABLO	20:00 a 21:00 Hs. BODYPUMP Monitor: BEA	20:00 a 21:00 Hs. CICLO INDOOR Monitor: JORDI	20:00 a 20:50 Hs. TBC FULL BODY Monitor: BEA	
	20:00 a 21:00 Hs. BODYPUMP Monitor: 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	20:00 a 20:50 Hs. CALISTENIA Monitor: DANI	20:00 a 20:50 Hs. CALISTENIA Monitor: DANI
21:00		21:00 a 22:00 Hs. JIUJITSU Monitor: ALFREDO		21:00 a 22:00 Hs. JIUJITSU Monitor: ALFREDO	