A

CUERPO Y MENTE | ACUÁTICAS | TONIFICACIÓN | CARDIOVASCULARES | JUNIOR Y FAMILIARES | COREOGRAFIADAS | SENIOR | RAQUETA

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA
07:15		SC CICLO 30´		SC CICLO				07:15
07:30		PI	S1 B. PUMP					07:30
07:30				PI				07:30
08:00				S1 PUMP 30´				08:00
08:15	S1 GAP				S1 B. PUMP			08:15
08:30			S1 B. ATTACK					08:30
08:30		S2 PILATES	S2 B. BALANCE	S1 FITNESS				08:30
09:00			SC CICLO	S2 B. BALANCE	S2 B. BALANCE			09:00
09:15	S1 ZUMBA			SC CICLO	S1 SH'BAM			09:15
09:30			S1 STEP					09:30
09:30	SC	S1 B. PUMP	EX RUNNERS INI	S1 B. COMBAT	SC CICLO			09:30
10:00				S2 ZUMBA			S2 PILATES	10:00
10:00			S2 PILATES					10:00
10:00					S5 AF-MAYORES			10:00
10:15	S1 B. PUMP			PI AQUABOARD	S1 B. ATTACK			10:15
10:30		PI AQUABOARD						10:30
10:30		S5 AF-MAYORES	S5 AF-MAYORES					10:30
10:30	S5 AF-MAYORES	S1 SH'BAM	S1 B. COMBAT	S5 AF-MAYORES	S2 YOGA	S1 B. PUMP	S1 ZUMBA	10:30
10:45	S2 B. BALANCE						SC CICLO	10:45
11:00					S5 AF-MAYORES			11:00
11:00			S2 YOGA	S1 EN FORMA	SC CICLO	S2 PILATES	S2 B. BALANCE	11:00
11:15					S1 ZUMBA			11:15
11:30	S1 SH'BAM	S1 FITNESS	S1 CXWORX	S2 PILATES	S2 PILATES	SC CICLO		11:30
11:30	S5 AF-MAYORES	SC CICLO	S5 AF-MAYORES					11:30
11:30		S2 B. BALANCE						11:30
11:45	S2 PILATES					S1 SH'BAM	SC CICLO	11:45
12:00			S1 ZUMBA			S2 B. BALANCE	S2 B. COMBAT	12:00
12:15					S1 COMBAT 30´			12:15
12:30	S1 ABDOMINALES	S1 PILATES		S2 YOGA			S2 PILATES	12:30
12:45	S2 HIPOPRESIVOS					S1 B. COMBAT		12:45
13:00						S2 PILATES	S1 B. PUMP	13:00
13:45		SC CICLO 30´						13:45
14:00			S2 HIPOPRESIVOS					14:00
14:00	PI		PI					14:00
14:15	S1 CXWORX	S1 CXWORX	SC CICLO		S2 PILATES			14:15
14:15				S1 COMBAT-CXWORX				14:15
14:30	SC CICLO	S2 B. BALANCE	S1 B. PUMP					14:30
14:45				S5 CROSS TRAINING				14:45
15:00	S2 YOGA		S2 YOGA					15:00
15:15				S2 PILATES				15:15
15:30		S1 ZUMBA						15:30
16:00	S1 EN FORMA							16:00
16:15			S1 GAP	S1 CXWORX				16:15
16:30					SC CICLO BASIC			16:30
17:00	S1 ZUMBA	S1 ZUMBA +12			S5 PSICOMOTRICIDAD			17:00
17:00	S2 BAILE 8-11				S4 HIPOPRESIVOS ★			17:00
17:00	S5 PSICOMOTRICIDAD		S2 PSICOMOTRICIDAD		S1 COMBAT BASIC			17:00
17:15			SC CICLO+12					17:15
17:15			S1 BAILE 8-11	S5 PREDEPORTE 4-7				17:15
17:30		S1 PUMP BASIC			S1 CXWORX	S1 B. PUMP		17:30
17:30		S5 MULTIDEPORTE 8-						17:30
18:00	PI AQUABOARD				S1 GAP			18:00
18:00	S2 PILATES	S2 SH'BAM		S2 YOGA	S2 B. BALANCE			18:00
18:00	S1 GAP	S2 YOGA	S1 B. BALANCE		EX RUNNERS INI			18:00
18:15	SC CICLO		S1 B. COMBAT	S1 B. PUMP				18:15
18:30		SC				SC CICLO		18:30
18:45			SC CICLO					18:45
19:00	S2 B. BALANCE	S2 B. BALANCE	PI AQUABOARD		S1 ZUMBA			19:00
19:00	S1 ABDOMINALES	S1 B. COMBAT	S2 ZUMBA	S2 B. BALANCE	S2 ESTIRAMIENTOS			19:00
19:15			S1 B. PUMP	SC CICLO				19:15
19:15			EX	S1 ZUMBA				19:15
19:15	S5 C. TRAINING+12							19:15
19:30	PI AQUAFITNESS	PI AQUAFITNESS		PI AQUAFITNESS	SC CICLO			19:30
19:30	S1 ATTACK-CXWORX				S2 PILATES			19:30
20:00	S2 YOGA	S1 B. PUMP	S2 PILATES		PI AQUABOARD			20:00
20:00		EX			S1 B. PUMP			20:00
20:15			S1 SH'BAM	EX				20:15
20:15	S5 CROSS TRAINING		PI AQUAFITNESS	S1 B. COMBAT				20:15
20:30	S1 B. COMBAT	SC CICLO	S5 CROSS TRAINING		S2 B. COMBAT			20:30
20:30	SC CICLO	PI		PI				20:30
20:30		S2 PILATES		S2 PILATES				20:30
20:45	EX							20:45
21:00		S1 B. ATTACK						21:00
21:15	S2 HIPOPRESIVOS		S3 CXWORX	SC CICLO				21:15
21:15				S1 PUMP-CXWORX				21:15
21:30	S1 B. PUMP							21:30