

	Horarios	Actividad	Profesor	Espacio	Cupo
LUNES, MIÉRCOLES Y VIERNES	06.45 a 07.45	Funcional	Cristian Da Silva	Fitness 2	16
	07.00 a 08.00	XTP	Martín Irigaray	Gimnasio A	18
	07.00 a 08.00	Spinning	Giselle Reyes	Spinning	20
	07.20 a 08.20	Local Fuerte	Natalia Ferradans	Fitness 1	16
	07.30 a 08.15	Gimnasia tradicional para adultos	Víctor Jara	Estadio	20
	07.45 a 08.45	Local funcional	María Noel Díaz	Fitness 3	16
	07.55 a 08.55	Pilates intenso	Leticia Gadea	Fitness 2	16
	08.00 a 08.50	Aqua Funcional	Mariana Varela	Piscina climatizada	16
	08.05 a 08.50	Stretching	Carmen Cammarano	Multi 1	9
	08.10 a 09.10	Spinning	Giselle Reyes	Spinning	20
	08.10 a 09.10	XTP	Martín Irigaray	Gimnasio A	18
	08.30 a 09.30	Funcional	Natalia Ferradans	Fitness 1	16
	08.55 a 09.55	Local funcional	María Noel Díaz	Fitness 3	16
	09.00 a 09.50	Hidro	Mariana Varela	Piscina climatizada	16
	09.05 a 10.05	Gimnasia integral para adultos	Agustina Ipata	Fitness 2	16
	09.05 a 10.05	Yoga dinámico	Leticia Gadea	Multi 1	9
	09.20 a 10.20	Spinning	Giselle Reyes	Spinning	20
	10.05 a 11.05	Zumba	Gabriel Toth	Fitness 3	16
	10.15 a 11.15	Adulto mayor	Mariana Estellano	Fitness 2	16
	10.20 a 11.20	Higiene de columna	Agustina Ipata	Fitness 1	16
	10.30 a 11.30	Spinning	Giselle Reyes	Spinning	20
	10.30 a 12.00	Yoga clásico	Leonardo Pérez	Multi 1	9
	11.15 a 11.55	Zumba gold	Gabriel Toth	Fitness 3	16
	11.15 a 12.15	Pilates	María Noel Díaz	Fitness 3	16
	11.25 a 12.25	Funcional	Claudia Cayetano	Fitness 2	16
	11.30 a 12:00	Hidro	Mariana Estellano	Piscina climatizada	16
	11.30 a 12.30	Local fuerte	Patricia Lucas	Fitness 1	16
	12.00 a 12.30	Hidro	Mariana Estellano	Piscina climatizada	16
	12.30 a 13.30	Spinning	Claudia Cayetano	Spinning	20
	12.30 a 13.30	XTP	Emiliano Bertone	Gimnasio A	18
	12.35 a 13.15	Gimnasia tradicional para adultos	Víctor Jara	Fitness 2	16
	13.00 a 14.00	Funcional	Pablo Amaral	Fitness 1	16
	14.45 a 15.45	Local	Deborah Bouchaton	Fitness 1	16
	16.00 a 17.00	Funcional	Noelia Fiori	Fitness 2	16
	16.40 a 17.40	Adulto mayor	Sabina Asqueta	Fitness 1	16
	17.10 a 18.10	Zumba	Deborah Bouchaton	Fitness 2	16
	17.20 a 18.20	Pilates	Laura Grucci	Fitness 3	16
	18.15 a 19.15	Spinning	Claudia Cayetano	Spinning	20
	18.20 a 19.20	Aerolocal	Valeria Ledesma	Fitness 2	16
	18.25 a 19.25	Local con barras	Marcela Gómez	Fitness 1	16
	18.30 a 19.30	Pilates	Leticia Gadea	Fitness 3	16
	18.35 a 19.35	Yoga intenso	Leonardo Pérez	Multi 1	9
	19.30 a 20.30	Spinning	Santiago Trimani	Spinning	20
	19.30 a 21.30	Running	Martín Vidal	Puerta principal	20
	19.30 a 20.30	Funcional	Mateo Torterolo	Fitness 2	16
	19.35 a 20.35	Total training	Pablo Amaral	Parque Villa Biarritz	20
	19.35 a 20.35	XTP	Lucía Navarro	Gimnasio A	18
19.35 a 20.35	Funcional	Claudia Cayetano	Fitness 1	16	
19.40 a 20.25	Stretching	Marcela Gómez	Fitness 3	16	
19.45 a 20:30	Hidro	Romina Moccia	Piscina climatizada	16	
19.50 a 20.50	Yoga dinámico	Leonardo Pérez	Multi 1	9	
20.35 a 21.35	Pilates intenso	Leticia Gadea	Fitness 3	16	
20.40 a 21.40	Spinning	Santiago Trimani	Spinning	20	
20.40 a 21.40	Zumba	A confirmar	Fitness 2	16	
20.45 a 21.45	XTP	Lucía Navarro	Gimnasio A	18	
20.45 a 21.45	TRX	Gabriel Toth	Fitness 1	16	
	Horarios	Actividad	Profesor	Espacio	Cupo
	07.00 a 08.00	XTP	Martín Irigaray	Gimnasio A	18
	07.20 a 08.20	Funcional	Claudia Cayetano	Fitness 1	16
	07.20 a 08.20	Local	Carmen Cammarano	Fitness 2	16
	07.30 a 08.30	Pilates	María Noel Díaz	Fitness 3	16
	07.45 a 09.00	Running	Víctor Jara	Puerta principal	20
	08.10 a 09.10	XTP	Martín Irigaray	Gimnasio A	18

MARTES Y JUEVES	08.20 a 09.10	Aqua funcional	Giselle Reyes	Piscina climatizada	16
	08.25 a 09.25	Thai Chi	Juan C. Miró	Multi 1	9
	08.30 a 09.05	Stretching	Carmen Cammarano	Fitness 2	16
	08.30 a 09.30	Spinning	Claudia Cayetano	Spinning	20
	08.30 a 09.30	Local	Deborah Bouchaton	Fitness 1	16
	08.40 a 09.40	Local funcional	María Noel Díaz	Fitness 3	16
	09.15 a 09.45	Hidro	Carmen Cammarano	Piscina climatizada	16
	09.30 a 10.30	Local	Daniel Bertolini	Fitness 2	16
	09.35 a 10.35	Yoga clásico	Leonardo Pérez	Multi 1	9
	09.40 a 10.40	Spinning	Natalia Ferradans	Spinning	20
	09.40 a 10.40	Zumba	Giselle Reyes	Fitness 1	16
	09.50 a 10.50	Pilates	María Noel Díaz	Fitness 3	16
	10.35 a 11.35	XTP	Noelia Fiori	Gimnasio A	18
	10.45 a 11.45	Higiene de columna	Daniel Bertolini	Fitness 2	16
	10.45 a 12.15	Yoga dinámico y meditación	Leonardo Pérez	Multi 1	9
	10.50 a 11.50	Local	Carmen Cammarano	Fitness 1	16
	10.50 a 11.50	Spinning	Giselle Reyes	Spinning	20
	11.00 a 11.45	Stretching	María Noel Díaz	Fitness 3	16
	11.55 a 12.55	Pilates	María Noel Díaz	Fitness 3	16
	12.00 a 13.00	Spinning	Giselle Reyes	Spinning	20
	12:00 a 12:45	Hidro	Carmen Cammarano	Piscina climatizada	16
	12.00 a 13.00	Local	Daniel Bertolini	Fitness 1	16
	12.05 a 13.05	Funcional	Claudia Cayetano	Fitness 2	16
	12.30 a 13.30	XTP	Emiliano Fajardo	Gimnasio A	18
	14.45 a 15.45	Local	Laura Grucci	Fitness 1	16
	17.10 a 18.10	Yoga dinámico	Leila Ganeglus	Multi 1	9
	17.20 a 18.20	Local fuerte	Natalia Ferradans	Fitness 2	16
	18.15 a 19.15	Thai Chi	Juan C. Miró	Multi 1	9
	18.20 a 19.20	Pilates	Mariana Estellano	Fitness 3	16
	18.25 a 19.25	Local fuerte	Natalia Ferradans	Fitness 1	16
	18.30 a 19.30	Funcional	Claudia Cayetano	Fitness 2	16
	18.30 a 19.30	Zumba	Leila Ganeglus	Multi 2	13
	18.35 a 19.35	Spinning	Rosina Castiglioni	Spinning	20
	19.30 a 21.30	Running	Omar Nicolini	Puerta principal	20
	19.30 a 20.30	Local con barras	Sabina Asqueta	Fitness 3	16
	19.35 a 20.35	TRX	Leila Ganeglus	Fitness 1	16
	19.40 a 20.40	XTP	Lucía Navarro	Gimnasio A	18
	19.45 a 20:30	Hidro	Gabriel Toth	Piscina climatizada	16
	19.45 a 20.45	Spinning	Claudia Cayetano	Spinning	20
	19.40 a 20.40	Funcional	Natalia Ferradans	Fitness 2	16
20.40 a 21.40	Pilates intenso	Leticia Gadea	Fitness 3	16	
20.45 a 21.45	Funcional	Gabriel Toth	Fitness 1	16	
20.50 a 21.50	Spinning	Natalia Ferradans	Spinning	20	
20.50 a 21.25	Stretching	Leila Ganeglus	Fitness 2	16	
	Horarios	Actividad	Profesor	Espacio	Cupo
SÁBADO	08.30 a 09.15	Hidro	Carmen Cammarano	Piscina climatizada	16
	09.05 a 10.05	Pilates	Daniel Bertolini	Fitness 3	16
	09.00 a 10.00	XTP	Cristian Da Silva	Gimnasio A	18
	09.00 a 10.00	Funcional	Natalia Ferradans	Fitness 2	16
	09.25 a 10.25	Aerolocal	Carmen Cammarano	Fitness 1	16
	09.40 a 10.40	Yoga clásico	Leonardo Pérez	Multi 1	9
	10.15 a 11.15	Spinning	Daniel Bertolini	Spinning	20
	10.10 a 11.10	Funcional	Cristian Da Silva	Fitness 2	16
	10.15 a 11.15	Zumba	Natalia Ferradans	Fitness 3	16
	10.35 a 11.55	Thai Chi	Juan Andrés Menéndez	Multi 2	13
	10.35 a 11.35	Local	Carmen Cammarano	Fitness 1	16
	10.50 a 11.50	Yoga dinámico	Leonardo Pérez	Multi 1	9
	11.25 a 12.25	Spinning	Natalia Ferradans	Spinning	20
	11.20 a 12.20	Funcional	A confirmar	Fitness 2	16

	11.45 a 12.15	Hidro	Natalia Ferradans	Piscina climatizada	16
	11.45 a 12.45	XTP	Cristian Da Silva	Gimnasio A	18
	11.55 a 12.25	Yoga y meditación	Leonardo Pérez	Multi 1	9
	16.45 a 17.45	Pilates	Hilda Noble	Fitness 3	16
	17.00 a 18.00	Funcional	Natalia Ferradans	Fitness 1	16
	17.00 a 18.00	Zumba	Gabriel Toth	Fitness 2	16
	18.00 a 18.45	Stretching	Hilda Noble	Fitness 3	16
	18.10 a 19.10	Spinning	Gabriel Toth	Spinning	20
	18.10 a 19.10	TRX	Natalia Ferradans	Fitness 1	16
	18:15 A 19.00	Hidro	Natalia Ferradans	Piscina climatizada	16
	Hora	Actividad	Profesor	Espacio	Cupo
DOMINGO	10.00 a 10.45	Hidro	Mariana Varela	Piscina Climatizada	16
	10.45 a 11.45	Funcional	Noelia Fiori	Fitness 2	16
	10.55 a 11.55	Stretching	Mariana Varela	Fitness 3	16
	11.55 a 12.55	Funcional	Noelia Fiori	Fitness 2	16
	12.05 a 13.05	Pilates	Mariana Varela	Fitness 3	16