

	Hora Inicio	Hora Fin	Actividad	Espacio	Int. / Ext.	Profesor	Cupos
V	6:30	7:30	Funcional	Cancha ext 2	Exterior	Cristian Da Silva	20
	6:45	7:45	Pilates	Fitness 3	Interior	Leticia Gadea	20
	6:50	7:50	Spinning	Sala de Spinning	Interior	Giselle Reyes	30
	7:00	8:00	XTP	Gimnasio A	Interior	Martin Irigaray	22
	7:20	8:20	Local Fuerte	Fitness 2	Interior	Natalia Ferradans	22
	7:30	8:15	HIIT	Cancha ext 1	Exterior	Santiago Landeyra	20
	7:30	8:15	Gimnasia tradicional adultos	Estadio	Interior	Vi-ctor Jara	20
	7:40	8:40	Local funcional	Fitness 1	Interior	Maria Noel Diaz	22
	8:00	9:00	Pilates intenso	Fitness 3	Interior	Leticia Gadea	20
	8:00	9:00	Spinning	Sala de Spinning	Interior	Giselle Reyes	30
	8:00	8:50	Aqua Funcional	Piscina climatizada	Interior	Mariana Varela	20
	8:05	8:50	Stretching	Multi 2	Interior	Carmen Cammarano	13
	8:10	9:10	XTP	Gimnasio A	Interior	Martin Irigaray	22
	8:25	9:10	HIIT	Cancha ext 1	Exterior	Santiago Landeyra	20
	8:45	9:45	Funcional	Fitness 1	Interior	Natalia Ferradans	18
	9:00	9:45	Hidro	Piscina climatizada	Interior	Mariana Varela	20
	9:00	10:00	Local funcional	Fitness 2	Interior	Maria Noel Diaz	22
	9:05	10:05	Gimnasia integral adultos	Fitness 3	Interior	Giuliana Estevez	20
	9:15	10:15	Yoga dinámico	Teatro	Interior	Leticia Gadea	11
	9:15	10:15	Spinning	Sala de Spinning	Interior	Giselle Reyes	30
	10:00	11:00	Zumba	Fitness 1	Interior	Gabriel Toth	25
	10:10	11:10	Higiene de columna	Fitness 3	Interior	Giuliana Estevez	20
	10:10	11:10	Pilates adulto mayor	Fitness 2	Interior	Mariana Estellano	22
	10:30	12:00	Yoga clásico	Multi 1	Interior	Leonardo Perez	10
	10:30	11:30	Spinning	Sala de Spinning	Interior	Giselle Reyes	30
	11:10	11:50	Zumba Gold	Multi 2	Interior	Gabriel Toth	13
	11:15	12:15	Funcional	Cancha ext 2	Exterior	Claudia Cayetano	20
	11:15	12:15	Local fuerte	Fitness 2	Interior	Giuliana Estevez	22
11:25	12:25	Pilates	Fitness 3	Interior	Maria Noel Diaz	20	
11:30	12:15	Hidro	Piscina climatizada	Interior	Mariana Estellano	20	
12:25	13:10	Hidro	Piscina climatizada	Interior	Giuliana Estevez	20	
12:15	13:00	Gimnasia tradicional adultos	Espacio Exterior	Exterior	Vi-ctor Jara	20	

LUNES, M	12:30	13:30	Spinning	Sala de Spinning	Interior	Claudia Cayetano	30
	12:30	13:30	XTP	Gimnasio A	Interior	Emiliano Bertone	22
	14:45	15:45	Local	Fitness 1	Exterior	Deborah Bouchaton	22
	16:00	17:00	Adulto mayor	Fitness 2	Interior	Sabina Asqueta	15
	16:25	17:25	Funcional	Cancha 3x3	Exterior	Mathias Cazet	20
	17:15	18:15	Pilates	Fitness 3	Interior	Laura Grucci	20
	17:25	18:25	Zumba	Fitness 2	Interior	Natalia Ferradans	22
	17:30	18:30	Funcional outdoor	Parque	Exterior	Santiago Trimani	20
	18:15	19:15	Spinning	Sala de Spinning	Interior	Claudia Cayetano	30
	18:25	19:25	Local con barras	Fitness 1	Interior	Marcela Gomez	22
	18:30	19:30	Aerolocal	Fitness 2	Interior	Valeria Ledesma	22
	18:30	19:30	Pilates	Fitness 3	Interior	Hilda Noble	20
	18:35	19:20	HIIT	Parque	Exterior	Santiago Trimani	20
	18:35	19:35	Yoga intenso	Multi 1	Interior	Leonardo Perez	10
	19:30	20:30	Spinning	Sala de Spinning	Interior	Santiago Trimani	30
	19:35	20:35	Funcional	Cancha ext 1	Exterior	Claudia / Fabricio	20
	19:35	20:35	Funcional	Fitness 1	Interior	Claudia / Fabricio	18
	19:35	20:35	XTP	Gimnasio A	Interior	Luci-a Navarro	22
	19:35	20:35	Total training	Parque	Exterior	Pablo Amaral	25
	19:35	20:35	Higiene de columna	Fitness 3	Interior	Marcela Gomez	20
	19:45	20:30	Hidro	Piscina climatizada	Interior	Giuliana Estevez	20
	19:50	20:50	Yoga dinámico	Multi 1	Interior	Leonardo Perez	10
	20:40	21:40	Pilates intenso	Fitness 3	Interior	Leticia Gadea	20
	20:40	21:40	Zumba	Fitness 2	Interior	Chiara Folco	25
20:40	21:40	Spinning	Sala de Spinning	Interior	Santiago Trimani	30	
20:45	21:45	XTP	Gimnasio A	Interior	Luci-a Navarro	22	
20:45	21:45	TRX	Fitness 1	Interior	Gabriel Toth	16	
	Hora Inicio	Hora Fin	Actividad	Espacio	Int. / Ext.	Profesor	Cupos
	7:00	8:00	XTP	Gimnasio A	Interior	Martin Irigaray	22
	7:20	8:20	Funcional	Cancha ext 2	Exterior	Claudia Cayetano	20
	7:20	8:20	Local	Fitness 2	Interior	Carmen Cammarano	22
	7:20	8:10	Aqua Funcional	Piscina climatizada	Interior	Giselle Reyes	20
	7:30	8:30	Pilates	Fitness 3	Interior	Maria Noel Diaz	20

MARTES Y JUEVES

8:10	9:10	XTP	Gimnasio A	Interior	Martin Irigaray	22
8:20	9:10	Aqua Funcional	Piscina climatizada	Interior	Giselle Reyes	20
8:25	9:25	Tai Chi	Multi 1	Interior	Juan Carlos Miro	10
8:30	9:15	HIIT	Cancha Ext 1	Exterior	Emiliano Bertone	20
8:30	9:05	Stretching	Fitness 2	Interior	Carmen Cammarano	22
8:30	9:30	Local	Fitness 1	Interior	Deborah Bouchaton	22
8:30	9:30	Spinning	Sala de Spinning	Interior	Claudia Cayetano	30
8:40	9:40	Local funcional	Fitness 3	Interior	Maria Noel Diaz	20
9:15	9:45	Hidro	Piscina climatizada	Interior	Carmen Cammarano	20
9:30	10:30	Local	Fitness 2	Interior	Daniel Bertolini	22
9:35	10:35	Yoga clásico	Multi 1	Interior	Leonardo Perez	10
9:40	10:40	Zumba	Fitness 1	Interior	Giselle Reyes	25
9:40	10:40	Spinning	Sala de Spinning	Interior	Natalia Ferradans	30
9:50	10:50	Pilates	Fitness 3	Interior	Maria Noel Diaz	20
10:25	11:25	XTP	Gimnasio A	Interior	Emiliano Fajardo	22
10:45	12:15	Yoga dinámico y meditación	Multi 1	Interior	Leonardo Perez	10
10:45	11:45	Higiene de columna	Fitness 2	Interior	Daniel Bertolini	22
10:50	11:50	Local	Fitness 1	Interior	Carmen Cammarano	22
10:50	11:50	Spinning	Sala de Spinning	Interior	Giselle Reyes	30
11:00	11:45	Stretching	Fitness 3	Interior	Maria Noel Diaz	20
11:55	12:55	Pilates	Fitness 3	Interior	Maria Noel Diaz	20
12:00	13:00	Local	Fitness 2	Interior	Daniel Bertolini	22
12:00	13:00	Spinning	Sala de Spinning	Interior	Giselle Reyes	30
12:00	12:45	Hidro	Piscina climatizada	Interior	Carmen Cammarano	20
12:05	13:05	Funcional	Cancha ext 2	Exterior	Claudia Cayetano	20
12:30	13:30	XTP	Gimnasio A	Interior	Mariana Estellano	22
14:45	15:45	Local	Fitness 1	Exterior	Laura Grucci	22
17:20	18:20	Yoga dinámico	Multi 2	Interior	Leila Ganeglus	13
17:20	18:20	Local fuerte	Fitness 2	Interior	Natalia Ferradans	22
17:25	18:25	Funcional outdoor	Parque	Exterior	Gabriel Fleitas	20
18:15	19:15	Tai Chi	Multi 1	Interior	Menendez (Martes) / Miro (Jueves)	10
18:20	19:20	Pilates	Fitness 3	Interior	Mariana Estellano	20
18:30	19:30	Funcional	Cancha ext 1	Exterior	Claudia Cayetano	20

	18:30	19:30	Yoga intenso	Multi 2	Interior	Leila Ganeglus	13
	18:30	19:30	Local fuerte	Fitness 1	Interior	Natalia Ferradans	22
	18:35	19:35	Spinning	Sala de Spinning	Interior	Rosina Castiglioni	30
	19:30	20:30	Local con barras	Fitness 3	Interior	Sabina Asqueta	20
	19:35	20:35	Zumba	Fitness 2	Interior	Leila Ganeglus	25
	19:40	20:40	XTP	Gimnasio A	Interior	Luci-a Navarro	22
	19:40	20:40	Funcional Box	Fitness 1	Interior	Natalia Ferradans	18
	19:45	20:45	Spinning	Sala de Spinning	Interior	Claudia Cayetano	30
	19:45	20:30	Hidro	Piscina climatizada	Interior	Gabriel Toth	20
	20:40	21:40	Pilates intenso	Fitness 3	Interior	Leticia Gadea	20
	20:45	21:45	Funcional	Fitness 1	Interior	Gabriel Toth	18
	20:40	21:30	Higiene de columna	Fitness 2	Interior	Leila Ganeglus	22
	20:50	21:50	Spinning	Sala de Spinning	Interior	Natalia Ferradans	30
	Hora Inicio	Hora Fin	Actividad	Espacio	Int. / Ext.	Profesor	Cupos
SABADOS	8:30	9:15	Hidro	Piscina climatizada	Interior	Carmen Cammarano	20
	9:00	10:00	XTP	Gimnasio A	Interior	Cristian Da Silva	22
	9:00	10:00	Funcional	Fitness 1	Exterior	Natalia Ferradans	18
	9:05	10:05	Pilates	Fitness 3	Exterior	Daniel Bertolini	20
	9:25	10:25	Aerolocal	Fitness 2	Interior	Carmen Cammarano	22
	9:40	10:40	Yoga clásico	Multi 1	Interior	Leonardo Perez	10
	10:10	11:10	Funcional	Cancha 3x3	Exterior	Cristian Da Silva	20
	10:15	11:15	Zumba	Fitness 3	Interior	Natalia Ferradans	22
	10:15	11:15	Spinning	Sala de Spinning	Interior	Daniel Bertolini	30
	10:35	11:55	Tai Chi	Multi 2	Interior	Juan Carlos Miro	13
	10:35	11:35	Local	Fitness 2	Interior	Carmen Cammarano	22
	10:50	12:20	Yoga dinámico y meditación	Multi 1	Interior	Leonardo Perez	10
	11:25	12:25	Spinning	Sala de Spinning	Interior	Natalia Ferradans	30
	12:00	13:00	XTP	Gimnasio A	Interior	Cristian Da Silva	22
	11:50	12:20	Hidro	Piscina climatizada	Interior	Carmen Cammarano	20
	16:45	17:45	Pilates	Fitness 3	Interior	Hilda Noble	20
	17:00	18:00	Funcional	Cancha ext 2	Exterior	Natalia Ferradans	20
	17:00	18:00	Zumba	Fitness 2	Interior	Gabriel Toth	25
17:55	18:40	Stretching	Fitness 3	Interior	Hilda Noble	20	

	18:15	19:15	Spinning	Sala de Spinning	Interior	Gabriel Toth	30
	18:15	19:00	Aqua Funcional	Piscina climatizada	Interior	Natalia Ferradans	20
	19:10	20:10	Funcional	Fitness 1	Interior	Natalia Ferradans	18
	Hora Inicio	Hora Fin	Actividad	Espacio	Int. / Ext.	Profesor	Cupos
DOM	9:15	10:00	Hidro	Piscina climatizada	Interior	Carolina Fasulo	20
	10:15	11:15	Stretching	Fitness 3	Interior	Carolina Fasulo	20
	11:25	12:25	Pilates	Fitness 3	Interior	Carolina Fasulo	20