

LUNES MIÉRCOLES Y VIERNES

| Hora Inicio | Hora Fin | Actividad | Espacio | Profesor |
|-------------|----------|------------------------------|----------------------|--------------------|
| 6:00 | 7:00 | Queenax | Sala de musculación | Mariana Estellano |
| 6:30 | 7:30 | Funcional | Cancha ext 2 | Cristian Da Silva |
| 6:45 | 7:45 | Pilates | Fitness 3 | Leticia Gadea |
| 6:50 | 7:50 | Spinning | Sala de Spinning | Giselle Reyes |
| 7:00 | 8:00 | XTP | Gimnasio A | Martin Irigaray |
| 7:15 | 8:15 | Queenax | Sala de musculación | Mariana Estellano |
| 7:20 | 8:20 | Local Fuerte | Fitness 1 | Natalia Ferradans |
| 7:30 | 8:15 | HIIT | Cancha ext 1 | Santiago Landeyra |
| 7:30 | 8:15 | Gimnasia tradicional adultos | Estadio | Vi-ctor Jara |
| 7:40 | 8:40 | Local funcional | Fitness 2 | Maria Noel Diaz |
| 8:00 | 9:00 | Pilates intenso | Fitness 3 | Leticia Gadea |
| 8:00 | 9:00 | Spinning | Sala de Spinning | Giselle Reyes |
| 8:00 | 8:50 | Aqua Funcional | Piscina climatizada | Mariana Varela |
| 8:05 | 8:50 | Stretching | Ed. Fisica formativa | Carmen Cammarano |
| 8:10 | 9:10 | XTP | Gimnasio A | Martin Irigaray |
| 8:30 | 9:30 | Queenax | Sala de musculación | Mariana Estellano |
| 8:25 | 9:10 | HIIT | Cancha ext 1 | Santiago Landeyra |
| 8:45 | 9:45 | Funcional | Fitness 1 | Natalia Ferradans |
| 9:00 | 9:45 | Hidro | Piscina climatizada | Mariana Varela |
| 9:00 | 10:00 | Local funcional | Fitness 2 | Maria Noel Diaz |
| 9:10 | 10:10 | Gimnasia integral adultos | Fitness 3 | Agustina Ipata |
| 9:15 | 10:15 | Yoga dinámico | Teatro | Leticia Gadea |
| 9:15 | 10:15 | Spinning | Sala de Spinning | Giselle Reyes |
| 10:00 | 11:00 | Zumba | Fitness 1 | Gabriel Toth |
| 10:10 | 11:10 | Pilates adulto mayor | Fitness 2 | Mariana Estellano |
| 10:30 | 12:00 | Yoga clásico | Multi 1 | Leonardo Perez |
| 10:15 | 11:15 | Higiene de columna | Fitness 3 | Agustina Ipata |
| 10:30 | 11:30 | Spinning | Sala de Spinning | Giselle Reyes |
| 11:10 | 11:50 | Zumba Gold | Multi 2 | Gabriel Toth |
| 11:15 | 12:15 | Funcional | Gimnasio A / Ext 2 | Claudia Cayetano |
| 11:20 | 12:20 | Local fuerte | Fitness 2 | Giuliana Estevez |
| 11:25 | 12:25 | Pilates | Fitness 3 | Maria Noel Diaz |
| 11:30 | 12:15 | Hidro | Piscina climatizada | Mariana Estellano |
| 12:30 | 13:15 | Hidro | Piscina climatizada | Giuliana Estevez |
| 12:15 | 13:00 | Gimnasia tradicional adultos | Estadio | Vi-ctor Jara |
| 12:30 | 13:30 | Spinning | Sala de Spinning | Claudia Cayetano |
| 12:30 | 13:30 | XTP | Gimnasio A | Emiliano Bertone |
| 14:45 | 15:45 | Local | Fitness 1 | Deborah Bouchaton |
| 16:00 | 17:00 | Queenax | Sala de musculación | Lucia Navarro |
| 16:00 | 17:00 | Adulto mayor | Fitness 2 | Sabina Asqueta |
| 16:25 | 17:25 | Funcional | Cancha 3x3 | Mathias Cazet |
| 17:15 | 18:15 | Pilates | Fitness 3 | Laura Grucci |
| 17:25 | 18:25 | Zumba | Fitness 2 | Natalia Ferradans |
| 18:15 | 19:15 | Spinning | Sala de Spinning | Claudia Cayetano |
| 18:25 | 19:25 | Local con barras | Fitness 1 | Marcela Gomez |
| 18:30 | 19:30 | Aerolocal | Fitness 2 | Valeria Ledesma |
| 18:30 | 19:30 | Pilates | Fitness 3 | Hilda Noble |
| 18:30 | 19:15 | HIIT | Parque | Santiago Trimani |
| 18:35 | 19:35 | Yoga intenso | Multi 1 | Leonardo Perez |
| 19:30 | 20:30 | Spinning | Sala de Spinning | Santiago Trimani |
| 19:35 | 20:35 | Funcional | Cancha ext 1 | Claudia / Fabricio |
| 19:35 | 20:35 | Funcional | Fitness 1 | Claudia / Fabricio |
| 19:35 | 20:35 | XTP | Gimnasio A | Luci-a Navarro |
| 19:35 | 20:35 | Total training | Parque | Pablo Amaral |
| 19:35 | 20:35 | Higiene de columna | Fitness 3 | Marcela Gomez |
| 19:45 | 20:30 | Hidro | Piscina climatizada | Romina Moccia |
| 19:50 | 20:50 | Yoga dinámico | Multi 1 | Leonardo Perez |
| 20:40 | 21:40 | Pilates intenso | Fitness 3 | Hilda Noble |
| 20:40 | 21:40 | Spinning | Sala de Spinning | Santiago Trimani |
| 20:45 | 21:45 | XTP | Gimnasio A | Luci-a Navarro |

| | 20:45 | 21:45 | TRX: Training | Fitness 1 | Gabriel Toth |
|-----------------|-------------|---------------------|----------------------------|----------------------|-----------------------------------|
| | Hora Inicio | Hora Fin | Actividad | Espacio | Profesor |
| MARTES Y JUEVES | 7:00 | 8:00 | XTP | Gimnasio A | Martin Irigaray |
| | 7:15 | 8:15 | Queenax | Sala de musculación | Emiliano Fajardo |
| | 7:20 | 8:20 | Funcional | Cancha ext 2 / Fit 1 | Claudia Cayetano |
| | 7:20 | 8:20 | Local | Fitness 2 | Carmen Cammarano |
| | 7:20 | 8:10 | Aqua Funcional | Piscina climatizada | Giselle Reyes |
| | 7:30 | 8:30 | Pilates | Fitness 3 | Maria Noel Diaz |
| | 8:10 | 9:10 | XTP | Gimnasio A | Martin Irigaray |
| | 8:20 | 9:10 | Aqua Funcional | Piscina climatizada | Giselle Reyes |
| | 8:30 | 9:30 | Queenax | Sala de musculación | Emiliano Fajardo |
| | 8:25 | 9:25 | Tai Chi | Multi 1 | Juan Carlos Miro |
| | 8:30 | 9:15 | HIIT | Cancha ext 1 | Emiliano Bertone |
| | 8:30 | 9:05 | Stretching | Fitness 2 | Carmen Cammarano |
| | 8:30 | 9:30 | Local | Fitness 1 | Deborah Bouchaton |
| | 8:30 | 9:30 | Spinning | Sala de Spinning | Claudia Cayetano |
| | 8:40 | 9:40 | Local funcional | Fitness 3 | Maria Noel Diaz |
| | 9:15 | 9:45 | Hidro | Piscina climatizada | Carmen Cammarano |
| | 9:30 | 10:30 | Local | Fitness 2 | Daniel Bertolini |
| | 9:35 | 10:35 | Yoga clásico | Multi 1 | Leonardo Perez |
| | 9:40 | 10:40 | Zumba | Fitness 1 | Giselle Reyes |
| | 9:40 | 10:40 | Spinning | Sala de Spinning | Natalia Ferradans |
| | 9:50 | 10:50 | Pilates | Fitness 3 | Maria Noel Diaz |
| | 10:45 | 12:15 | Yoga dinámico y meditación | Multi 1 | Leonardo Perez |
| | 10:45 | 11:45 | Higiene de columna | Fitness 2 | Daniel Bertolini |
| | 10:50 | 11:50 | Local | Fitness 1 | Carmen Cammarano |
| | 10:50 | 11:50 | Spinning | Sala de Spinning | Giselle Reyes |
| | 11:00 | 11:45 | Stretching | Fitness 3 | Maria Noel Diaz |
| | 11:55 | 12:55 | Pilates | Fitness 3 | Maria Noel Diaz |
| | 12:00 | 13:00 | Local | Fitness 2 | Daniel Bertolini |
| | 12:00 | 13:00 | Spinning | Sala de Spinning | Giselle Reyes |
| | 12:00 | 12:45 | Hidro | Piscina climatizada | Carmen Cammarano |
| | 12:50 | 13:20 | Hidro | Piscina climatizada | Carmen Cammarano |
| | 12:05 | 13:05 | Funcional | Cancha ext 2 | Claudia Cayetano |
| | 12:30 | 13:30 | XTP | Gimnasio A | Mariana Estellano |
| | 14:45 | 15:45 | Local | Fitness 1 | Laura Grucci |
| | 16:00 | 17:00 | Queenax | Sala de musculación | Mariana Estellano |
| | 17:20 | 18:20 | Yoga dinámico | Multi 2 | Leila Ganeglus |
| | 17:20 | 18:20 | Local fuerte | Fitness 2 | Natalia Ferradans |
| | 17:25 | 18:25 | Funcional outdoor | Parque | Gabriel Fleitas |
| | 18:15 | 19:15 | Tai Chi | Multi 1 | Menendez (Martes) / Miro (Jueves) |
| | 18:20 | 19:20 | Pilates | Fitness 3 | Mariana Estellano |
| | 18:30 | 19:30 | Funcional | Cancha ext 1 | Claudia Cayetano |
| | 18:30 | 19:30 | Yoga intenso | Multi 2 | Leila Ganeglus |
| 18:30 | 19:30 | Local fuerte | Fitness 2 | Natalia Ferradans | |
| 18:30 | 19:30 | Spinning | Sala de Spinning | Santiago Trimani | |
| 19:30 | 20:30 | Pilates intenso | Fitness 3 | Mariana Estellano | |
| 19:35 | 20:35 | Local con barras | Fitness 2 | Sabina Asqueta | |
| 19:35 | 20:35 | Higiene de columna | Multi 2 | Leila Ganeglus | |
| 19:40 | 20:40 | XTP | Gimnasio A | Luci-a Navarro | |
| 19:40 | 20:40 | Funcional | Fitness 1 | Natalia Ferradans | |
| 19:40 | 20:40 | Spinning | Sala de Spinning | Santiago Trimani | |
| 19:45 | 20:30 | Hidro | Piscina climatizada | Gabriel Toth | |
| 20:45 | 21:45 | TRX: Multi Training | Fitness 1 | Gabriel Toth | |
| 20:45 | 21:45 | Spinning | Sala de Spinning | Natalia Ferradans | |
| | Hora Inicio | Hora Fin | Actividad | Espacio | Profesor |
| | 8:30 | 9:15 | Hidro | Piscina climatizada | Carmen Cammarano |
| | 9:00 | 10:00 | Funcional | Fitness 1 | Natalia Ferradans |
| | 9:05 | 10:05 | Pilates | Fitness 3 | Daniel Bertolini |

| | | | | | |
|---------|--------------------|-----------------|----------------------------|---------------------|-------------------|
| SABADOS | 9:25 | 10:25 | Aerolocal | Fitness 2 | Carmen Cammarano |
| | 9:40 | 10:40 | Yoga clásico | Multi 1 | Leonardo Perez |
| | 10:15 | 11:15 | Zumba | Fitness 3 | Natalia Ferradans |
| | 10:15 | 11:15 | Spinning | Sala de Spinning | Daniel Bertolini |
| | 10:35 | 11:55 | Tai Chi | Multi 2 | Juan Carlos Miro |
| | 10:35 | 11:35 | Local | Fitness 2 | Carmen Cammarano |
| | 10:50 | 12:20 | Yoga dinámico y meditación | Multi 1 | Leonardo Perez |
| | 11:15 | 12:15 | Queenax | Sala de musculación | Emiliano Bertone |
| | 11:25 | 12:25 | Spinning | Sala de Spinning | Natalia Ferradans |
| | 12:00 | 13:00 | XTP | Gimnasio A | Martin Fernández |
| | 11:50 | 12:20 | Hidro | Piscina climatizada | Carmen Cammarano |
| | 16:45 | 17:45 | Pilates | Fitness 3 | Hilda Noble |
| | 17:00 | 18:00 | Funcional | Fitness 1 | Natalia Ferradans |
| | 17:00 | 18:00 | Zumba | Fitness 2 | Gabriel Toth |
| | 17:55 | 18:40 | Stretching | Fitness 3 | Hilda Noble |
| | 18:15 | 19:15 | Spinning | Sala de Spinning | Gabriel Toth |
| | 18:15 | 19:00 | Aqua Funcional | Piscina climatizada | Natalia Ferradans |
| | 19:10 | 20:10 | Funcional | Fitness 1 | Natalia Ferradans |
| | Hora Inicio | Hora Fin | Actividad | Espacio | Profesor |
| | 9:10 | 10:10 | Pilates | Fitness 3 | Carolina Fasulo |
| 10:15 | 11:15 | Stretching | Fitness 3 | Carolina Fasulo | |
| 11:30 | 12:15 | Hidro | Fitness 3 | Carolina Fasulo | |

| Cupos |
|-------|
| 18 |
| Libre |
| Libre |
| Libre |
| Libre |
| Libre |
| 16 |
| Libre |
| Libre |
| Libre |
| Libre |
| Libre |
| Libre |
| 30 |
| Libre |
| Libre |
| 16 |
| Libre |
| Libre |
| 30 |
| 26 |
| Libre |
| 12 |
| Libre |
| Libre |
| 26 |
| 10 |
| Libre |
| Libre |
| Libre |
| Libre |
| Libre |
| Libre |
| 30 |
| 30 |
| Libre |
| Libre |
| Libre |
| Libre |
| 16 |
| Libre |
| Libre |
| Libre |
| Libre |
| 34 |
| 26 |
| Libre |
| 26 |
| Libre |
| 10 |
| 34 |
| 22 |
| 25 |
| 22 |
| Libre |
| Libre |
| 30 |
| 10 |
| Libre |
| Libre |
| Libre |

| |
|--------------|
| Libre |
| Cupos |
| Libre |
| 16 |
| Libre |
| Libre |
| 30 |
| Libre |
| Libre |
| 30 |
| 16 |
| Libre |
| Libre |
| 25 |
| Libre |
| Libre |
| 26 |
| 30 |
| Libre |
| 12 |
| Libre |
| Libre |
| 26 |
| 12 |
| Libre |
| 26 |
| Libre |
| 26 |
| Libre |
| Libre |
| Libre |
| 30 |
| 30 |
| Libre |
| Libre |
| Libre |
| 16 |
| 13 |
| Libre |
| 20 |
| 10 |
| 26 |
| 20 |
| 13 |
| 26 |
| 34 |
| Libre |
| Libre |
| 13 |
| 22 |
| 22 |
| 34 |
| 30 |
| Libre |
| Libre |
| Cupos |
| 30 |
| Libre |
| Libre |

| |
|--------------|
| Libre |
| 10 |
| Libre |
| Libre |
| Libre |
| Libre |
| 10 |
| 16 |
| Libre |
| Libre |
| 30 |
| Libre |
| Libre |
| Libre |
| Libre |
| Libre |
| Libre |
| 30 |
| Libre |
| Cupos |
| Libre |
| Libre |
| Libre |