

HORARIO	SALON	PROFESOR	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
06:05 a 08:00	Alberca	Gaby			Aqua pilates			
06:05 a 7:00	"A"	Gaby		Pilates		Pilates	Pilates	
06:00 a 8:00	"A"	Gaby	Stretching					
07:00 a 08:00	"A"	Gaby		Gimnasia reductiva		Gimnasia reductiva	Gimnasia reductiva	
07:00 a 08:00	spinning	Carlos	Spinning					
07:00 a 09:00	spinning	Ma.Teresa			Spinning			
07:00 a 10:00	"B"	Martha	Zumba//Pilates		Zumba//Pilates			
07:00 a 9:00	spinning	Ma.Teresa				spinning		
08:00 a 10:00	spinning	Ma.Teresa		spinning				
09:00 a 10:00	"C"	Oscar		Baile Latino		Baile Latino		
09:00 a 10:00	"B"	Carlos		Body Workout		Body Workout		
09:00 a 10:00	"C"	Oscar					Sh Dance Latino	
09:00 a 11:00	spinning	Carlos					spinning	
09:00 a 11:00	"C"	Carlos						Baile de Salon
09:30 a 11:00//1100 a 12:30	"C"	Sofia	Yoga (adultos)		Yoga (adultos)			
10:00 a 11:00	"C"	Oscar		Body Jam		Body Jam		
10:00 a 11:00	"B"	Carlos		Aerostep		Aerostep		
10:00 a 11:00	"C"	Oscar					Body Combat	
11:00 a 12:30	"B"	Sofia		Yoga (adultos)		Yoga (adultos)		
11:00 a 12:30	"C"	Sofia					Yoga	
11:00 a 13:00	"C"	Carlos Q.		Tai-chi		Tai-chi		
12:00 a 13:00	Alberca	Edith	Aqua Fitness	Aqua Fitness	Aqua Fitness			
16:00 a 18:00	"B"	Sofia	Yoga (n.4/10 a)		Yoga (n.4/10 a)			
16:00 a 17:00	cancha	Oswaldo		Futbol		Futbol		
16:00 a 19:00	cancha	Oswaldo	Basquetbol		Basquetbol			
16:00 a 18:00	"B"	Raquel		Tae kwon do		Tae kwon do		
16:00 a 17:00	"B"		Zumbakids (3-5)		Act.fisica (3-5)			
16:00 a 19:00	"E"	Paola		Ballet		Ballet		
17:00 a 18:00	"B"	Sofia	Yoga (adolescentes)		Yoga (adolescentes)			
17:00 a 18:00	"C"	Oscar	Body Combat		Body Combat			
17:00 a 18:00	cancha	Oswaldo		Futbol		Futbol		
17:00 a 18:00	"B"	Carlos		Baquetas		Baquetas		
17:00 a 19:00	spinning	Carlos	Spinning					
18:00 a 19:00	"C"	Oscar	Cxw W/rx (gap)		Cxw W/rx (gap)			
18:00 a 19:00 (principiantes)	"B"	Jose Luis	Danza Folklorica					
18:00 a 19:00	cancha	Oswaldo		Futbol		Futbol		
18:00 a 19:00	spinning	Carlos		spinning				
19:00 a 20:00	"A"	Pilar	Zumba		Zumba			
18:00 a 19:30	"A"	Sofia		Yoga		Yoga		
18:00 a 20:00 (intermedios)	"C"	Jose Luis			Danza folklorica			

Natacion
martes a viernes de 16:00 a 19:00 hrs. Fernanda Guillermo
miercoles a viernes de 16:00 a 19:00 hrs. fernando
miercoles a viernes de 15:00 a 19:00 hrs. America