horario actividades 2023

	HORARIO	SALON	PROFESOR	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
mañana	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	Streching					
	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 10:00	spinning	Ma.Teresa				spinning		
	08:00 a 11:00	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	"C"	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		
tarde	12:00 a 13:00	Alberca	Edith	Aqua Fitness	Aqua Fitness	Aqua Fitness			
	16:00 a 17:00	"B"	Sofia	Yoga (n.4/10 a)		Yoga (n.4/10 a)			
	16:00 a 17:00	cancha	Marco A.		Fitness Kids (6/12)		Fitness Kids (6/12)		
	16:00 a 18:00	cancha	Luis A.	Basquetbol		Basquetbol			
	16:00 a 18:00	"B"	Raquel		Tae kwon do		Tae kwon do		
	16:00 a 19:00	"D"	Paola				Ballet		
	17:00 a 18:00	"B"	Sofia	Yoga (adolecentes)		Yoga (adolecentes)			
	17:00 a 18:00	"C"	Oscar	Body Combat		Body Combat			
	17:00 a 18:00	cancha	Marco A.		Futbol Kids		Futbol Kids		
	17:00 a 18:00	"B"	Carlos		Baquetas		Baquetas		
	17:00 a 19:00	spinning	Carlos	Spinning					
	17:00 a 19:00	spinning	Ma.Teresa			Spinning			
	18:00 a 19:00	"C"	Oscar	Cxw Wirx (gap)		Cxw Wirx (gap)			
	18:00 a 19:00 (principiantes)	"B"	Jose Luis	Danza Folklorica					
	18:00 a 19:00	cancha	Marco A.		Futbol Juniors		Futbol Juniors		
	18:00 a 19:00	spinning	Carlos		spinning				
	18:00 a 19:00	"A"	Pilar	Zumba		Zumba			
	18:00 a 19:30	"A"	Sofia		Yoga		Yoga		
	18:00 a 20:00 (intermedios)	"C"	Jose Luis			Danza folklorica			