



Horarios de Clases de Fitness Jóvenes y Adultos

Del 29/3 al 12/4.



Lunes	Martes	Miércoles	Jueves	Viernes
ZOOM / Fitness 7.30 Funcional R. García	ZOOM / Fitness 7.30 Funcional M. Bertolotti	ZOOM / Fitness 7.30 Funcional A. García	ZOOM / Fitness 7.30 Funcional M. Bertolotti	ZOOM / Fitness 7.30 Funcional A. García
ZOOM / Relax 8.45 Pilates Mat G. Vanerio	ZOOM / Fitness 8.45 Localizada M. Bertolotti	ZOOM / Relax 8.45 Pilates Mat G. Vanerio	ZOOM / Fitness 8.45 Localizada M. Bertolotti	ZOOM / Relax 8.45 Pilates Stretching G. Vanerio
ZOOM / Fitness 8.45 GAP R. García	ZOOM / Relax 9.45 Hatha Yoga J. Patiño	ZOOM / Fitness 8.45 Full Abdominales A. García	ZOOM / Relax 9.45 Hatha Yoga J. Patiño	ZOOM / Fitness 8.45 Localizada A. García
Tarde	Tarde	Tarde	Tarde	Tarde
ZOOM / Fitness 18.30 Zumba M. Franco	ZOOM / Fitness 18.00 Strong M. Franco	ZOOM / Fitness 18.30 Zumba M. Franco	ZOOM / Fitness 18.00 Strong M. Franco	ZOOM / Fitness 18.30 Zumba M. Franco
ZOOM / Relax 19.00 Pilates Mat G. Vanerio	ZOOM / Fitness 19.00 Funcional Fiorella De Leonardis	ZOOM / Relax 19.00 Pilates Mat G. Vanerio	ZOOM / Fitness 19.30 Funcional Fiorella De Leonardis	ZOOM / Fitness 19.00 Funcional R. García
ZOOM / Fitness 20.00 Funcional Fiorella De Leonardis	ZOOM / Relax 19.30 Hatha Yoga J. Patiño	ZOOM / Fitness 20.00 Funcional R. García	ZOOM / Relax 19.15 Hatha Yoga J. Patiño	ZOOM / Fitness 20.00 Stretching Balance R. García



Horarios de Actividades Menores.

Del 29/3 al 12/4.



Lunes	Martes	Miércoles	Jueves	Viernes
ZOOM / Fitness 16.00 a 16.45 Karate J.Gimenez	ZOOM / Fitness 16.00 a 16.45 Ballet P.Fernandez	ZOOM / Fitness 16.00 a 16.45 Gim. Ritmica H. Moretti	ZOOM / Fitness 16.00 a 16.45 Ballet P.Fernandez	ZOOM / Fitness 16.00 a 16.45 Karate J.Gimenez
ZOOM / Fitness 17.00 a 17.45 Gim. Ritmica H.Moretti	ZOOM / Fitness 17.00 a 17.45 Gim. Recreativa R. De Marco	ZOOM / Fitness 17.00 a 17.45 Karate J.Gimenez	ZOOM / Fitness 17.00 a 17.45 Zumba Kids M.Franco	ZOOM / Fitness 17.00 a 17.45 Gim. Recreativa R. De Marco
			ZOOM / Fitness 18.00 a 18.45 Yoga Kids J. Patiño	

Coreografiadas

Cardiovascular

Alto Gasto Calórico

Tonificación

Deportes

Body Mind