Actividades Deportivas y Recreativas Jóvenes y Adultos - A partir del 24/05/2021

LUNES

- Sala / Outdoor — 8.00 a 11.30 — **Sala y Pesos Libres** — Instructor: K. Pérez
- Fitness / Zoom — 7.30 — **Cross Training** — R. García
- barbacoa — 8.45 — **Spinning** — R. García
- Fitness / Zoom — 8.45 — **Circuit Training** — M. Hernández
- Relax / Zoom — 8.45 — **Pilates Mat** — G. Vanerio
- Fitness / Zoom — 10.00 — **Circuit Training** — M. Hernández
- Relax / Zoom — 10.00 — **Total Barre** — G. Vanerio

MARTES

- Sala / Outdoor — 8.00 a 11.30 — **Sala y Pesos Libres** — Instructor: D. Imperial
- Fitness / Zoom — 7.30 — **Funcional** — K. Pérez
- Outdoor — 8.30 a 10.00 — **Grupo de Corredores** — N. Coiana
- Fitness / Zoom — 8.45 — **Power Local** — K. Pérez
- Relax / Zoom — 9.45 — **Hatha Yoga** — J. Patiño
- barbacoa — 10.00 — **Endurance Cycling** — K. Pérez

MIÉRCOLES

- Sala / Outdoor — 8.00 a 11.30 — **Sala y Pesos Libres** — Intructor: K. Pérez
- Fitness / Zoom — 7.30 — **Funcional** — A. Garcia
- Relax / Zoom — 8.45 — **Pilates Mat** — G. Vanerio
- Fitness / Zoom — 8.45 — **Circuit Training** — M. Hernández
- barbacoa — 8.45 — **Spinning** — A. Garcia
- Outdoor — 9.00 — **Spinning** — K. Pérez
- Fitness / Zoom — 10.00 — **Circuit Training** — M. Hernández
- Relax / Zoom — 10.00 — **Total Barre** — G. Vanerio

JUEVES

- Sala / Outdoor — 8.00 a 11.30 — **Sala y Pesos Libres** — Instructor: D. Imperial
- Fitness / Zoom — 7.30 — **Funcional** — K. Pérez
- Outdoor — 8.30 a 10.00 — **Grupo de Corredores** — N. Coiana
- Relax / Zoom — 8.30 — **Strong** — M. Franco
- Fitness / Zoom — 8.45 — **GAP** — K. Pérez
- Relax / Zoom — 9.45 — **Hatha Yoga** — J. Patiño
- barbacoa — 10.00 — **Endurance Cycling** — K. Pérez

VIERNES

- Sala / Outdoor — 8.00 a 11.30 — **Sala y Pesos Libres** — Instructor: K. Pérez
- Fitness / Zoom — 7.30 — **Funcional** — R. Garcia
- Relax / Zoom — 8.45 — **Stretching** — G. Vanerio
- Fitness / Zoom — 8.45 — **Circuit Training** — M. Hernández
- barbacoa — 8.45 — **Endurance Cycling** — R. Garcia
- Outdoor — 9.00 — **Spinning** — K. Pérez
- Fitness / Zoom — 10.00 — **Circuit Training** — M. Hernández
- Relax / Zoom — 10.00 — **Pilates Stretching** — G. Vanerio

SÁBADO

- Sala / Outdoor — 8.00 a 12.00 — **Sala y Pesos Libres** — Intructor: Alvaro Garcia
- barbacoa — 9.45 — **Spinning** — C. Costa
- Fitness / Zoom — 10.45 — **Aerobox** — C. Costa
- Fitness / Zoom — 11.45 — **Abd-Stretching** — C. Costa

TARDE

- Sala / Outdoor — 18.00 a 21.30 — **Sala y Pesos Libres** — Instructor: Alvaro Garcia
- Fitness / Zoom — 18.30 — **Zumba** — M. Franco
- barbacoa — 19.00 — **Spinning** — E. Bonilla
- Relax / Zoom — 19.00 — **Pilates Mat** — G. Vanerio
- Fitness / Zoom — 20.00 — **Funcional** — E. Bonilla

TARDE

- Sala / Outdoor — 18.00 a 21.30 — **Sala y Pesos Libres** — Instructor: Alvaro Garcia
- Sala Menores / Outdoor — 18.00 — **Strong** — M. Franco
- Out door / Carpa — 18.30 — **Funcional Adolescentes** (11 a 17) A. Rapetti
- barbacoa — 18.30 — **Spinning** — F. De Leonardis
- Out door / Carpa — 19.30 — **Funcional Golf** — A. Rapetti
- Fitness / Zoom — 19.30 — **Fit** — F. De Leonardis
- Relax / Zoom — 19.30 — **Hatha Yoga** — J. Patiño

TARDE

- Sala / Outdoor — 18.00 a 21.30 — **Sala y Pesos Libres** — Instructor: Alvaro Garcia
- Fitness / Zoom — 18.30 — **Zumba** — M. Franco
- barbacoa — 19.00 — **Spinning** — R. Garcia
- Relax / Zoom — 19.00 — **Pilates Mat** — G. Vanerio
- Fitness / Zoom — 20.00 — **Cross Training** — R. Garcia

TARDE

- Sala / Outdoor — 18.00 a 21.30 — **Sala y Pesos Libres** — Instructor: Romina Garcia
- Sala Menores/ Outdoor — 18.00 — **Strong** — M. Franco
- Out door / Carpa — 18.30 — **Funcional Adolescentes** (11 a 17) A. Rapetti
- Out door / Carpa — 19.30 — **Funcional Golf** — A. Rapetti
- barbacoa — 18.30 — **Endurance Cycling** — A. Garcia
- Relax / Zoom — 19.15 — **Hatha Yoga** — J. Patiño
- Fitness / Zoom — 19.45 — **Full Abdominales** — A. Garcia

TARDE

- Sala / Outdoor — 18.00 a 21.30 — **Sala y Pesos Libres** — Instructor: Alvaro Garcia
- Out door / Relax — 18.00 — **GAP** — E. Bonilla
- Fitness / Zoom — 18.30 — **Zumba** — M. Franco
- barbacoa — 19.00 — **Spinning** — E. Bonilla
- Fitness / Zoom — 20.00 — **Stretching Balance** — E. Bonilla

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