

ACTIVIDADES DEPORTIVAS

GPO. SPINNING

Salón spinning	A	7-8:00 hrs.	lun
	B	7-8:00 hrs.	mar
	C	7-8:00 hrs.	mie
	D	7-8:00 hrs.	jue
	E	7-8:00 hrs.	vie
	F	9-10:00 hrs.	lun
	G	9-10:00 hrs.	mar
	H	9-10:00 hrs.	mie
	I	9-10:00 hrs.	jue
	J	9-10:00 hrs.	vie
	K	11-12:00 hrs.	lun
	L	11-12:00 hrs.	mar
	M	11-12:00 hrs.	mie
	N	11-12:00 hrs.	jue
	O	11-12:00 hrs.	vie
	P	12-13:00 hrs.	mar
	Q	12-13:00 hrs.	jue
	R	13-14:00 hrs.	lun
	S	13-14:00 hrs.	mar
	T	13-14:00 hrs.	mie
	U	13-14:00 hrs.	jue
	V	13-14:00 hrs.	vie
	W	14-15:00 hrs.	lun
	X	14-15:00 hrs.	mar
	Y	14-15:00 hrs.	mie
	Z	14-15:00 hrs.	jue
	Z1	16-17:00 hrs.	lun
	Z2	16-17:00 hrs.	mar
Z3	16-17:00 hrs.	mie	
Z4	18-19:00 hrs.	mar	
Z5	19-20:00 hrs.	lun	
Z6	19-20:00 hrs.	mar	
Z7	19-20:00 hrs.	mie	
Z8	19-20:00 hrs.	jue	

GPO. TRX

Salón 2	A	7-8:00 hrs.	mar
	B	7-8:00 hrs.	jue
	C	8-9:00 hrs.	mar
	D	8-9:00 hrs.	jue
	E	9-10:00 hrs.	mar
	F	9-10:00 hrs.	jue
	G	11-12:00 hrs.	lun
	H	11-12:00 hrs.	mier
	I	11-12:00 hrs.	vie
	J	12-13:00 hrs.	lun
	K	12-13:00 hrs.	mar
	L	12-13:00 hrs.	mier
	M	12-13:00 hrs.	jue
	N	13-14:00 hrs.	lun
	O	13-14:00 hrs.	mier
	P	13-14:00 hrs.	vie
	Q	14-15:00 hrs.	mar
	R	14-15:00 hrs.	jue
	S	15-16:00 hrs.	lun
	T	15-16:00 hrs.	mar
U	15-16:00 hrs.	mier	
V	15-16:00 hrs.	jue	
W	16-17:00 hrs.	mar	
X	16-17:00 hrs.	jue	

GPO. GIMNASIA ACROBÁTICA

Duela Básquet	A	11-13:00 hrs.	lun
	B	11-13:00 hrs.	mier
	C	11-13:00 hrs.	vie

GPO. DEFENSA PERSONAL

Salón 1	A	10-11:00 hrs.	mar
	B	10-11:00 hrs.	jue

GPO. TAICHI

Casa de Meditación	A	11-12:00 hrs.	mar
	B	11-12:00 hrs.	jue
	C	12-13:00 hrs.	mar
	D	12-13:00 hrs.	jue

GPO. TOCHO BANDERA FEMENIL

Campo Básquet	A	15-17:00 hrs.	lun
	B	15-17:00 hrs.	mier

GPO. YOGA

A	6:30 - 7:30	mar	Salón de Danza
B	6:30 - 7:30	jue	Salón de Danza
C	7-8:00 hrs.	mar	Salón 1
D	7-8:00 hrs.	mie	Salón de Danza
E	7-8:00 hrs.	jue	Salón 1
F	7-8:00 hrs.	vie	Salón de Danza
G	8-9:00 hrs.	mar	Salón 1
H	8-9:00 hrs.	jue	Salón 1
I	9-10:00 hrs.	mar	Salón 1
J	9-10:00 hrs.	jue	Salón 1
K	11-12:00 hrs.	lun	Salón 1
L	11-12:00 hrs.	mar	Salón 1
M	11-12:00 hrs.	mie	Salón 1
N	11-12:00 hrs.	jue	Salón 1
O	11-12:00 hrs.	vie	Salón 1
P	12-13:00 hrs.	lun	Salón 1
Q	12-13:00 hrs.	mar	Salón 1
R	12-13:00 hrs.	mie	Salón 1
S	12-13:00 hrs.	jue	Salón 1
T	12-13:00 hrs.	vie	Salón 1
U	16-17:00 hrs.	mar	Salón 1
V	16-17:00 hrs.	jue	Salón 1
W	18-19:00 hrs.	lun	Salón 1
X	18-19:00 hrs.	mar	Salón 1
Y	18-19:00 hrs.	mie	Salón 1
Z	18-19:00 hrs.	jue	Salón 1

GPO. PILATES

Salón 2	A	6:30-7:30 hrs.	lun
	B	6:30-7:30 hrs.	mier
	C	6:30-7:30 hrs.	vie
	D	10-11:00 hrs.	lun
	E	10-11:00 hrs.	mie
	F	10-11:00 hrs.	vie
	G	16-17:00 hrs.	lun
	H	16-17:00 hrs.	mie
	I	17-18:00 hrs.	lun
	J	17-18:00 hrs.	mar
	K	17-18:00 hrs.	mier
	L	17-18:00 hrs.	jue

GPO. KICKBOXING

Salón 1	A	7-8:00 hrs.	lun
	B	7-8:00 hrs.	mie
	C	7-8:00 hrs.	vie
	D	8-9:00 hrs.	lun
	E	8-9:00 hrs.	mie
	F	8-9:00 hrs.	vie
	G	9-10:00 hrs.	mie
	H	9-10:00 hrs.	vie
	I	19-20:00 hrs.	lun
	J	19-20:00 hrs.	mie
	K	19-20:00 hrs.	jue
	L	20-21:00 hrs.	lun
	M	20-21:00 hrs.	mie
	N	20-21:00 hrs.	jue

GPO. CAPOEIRA

Salón 2	A	9-10:00 hrs	lun
	B	12-13:00 hrs	vie

GPO. KENDO

Salón 1	A	15-17:00 hrs.	lun
	B	15-17:00 hrs.	mie
	C	15-17:00 hrs.	vie

GPO. FÚTBOL SOCCER

Campo Fútbol	F1	9-11:00 hrs.	lun
	F2	9-11:00 hrs.	mar
	F3	9-11:00 hrs.	mier
	F4	9-11:00 hrs.	jue
	F5	9-11:00 hrs.	vie

GPO. FUNCTIONAL TRAINING

A	11-12:00 hrs.	mar	Salón 2
B	11-12:00 hrs.	jue	Salón 2
C	19-20:00 hrs.	mar	Salón 1
D	20-21:00 hrs.	mar	Salón 1

GPO. TENIS

Canchas de tenis	A	7-9:00 hrs.	lun	Principiantes
	B	7-9:00 hrs.	mar	Principiantes
	C	7-9:00 hrs.	mier	Principiantes
	D	7-9:00 hrs.	jue	Principiantes
	E	7-9:00 hrs.	vie	Principiantes
	F	9-11:00 hrs.	lun	Principiantes
	G	9-11:00 hrs.	mar	Principiantes
	H	9-11:00 hrs.	mier	Principiantes
	I	9-11:00 hrs.	jue	Principiantes
	J	9-11:00 hrs.	vie	Principiantes
	K	11-13:00 hrs.	mar	Principiantes
	L	11-13:00 hrs.	mier	Principiantes
	M	11-13:00 hrs.	jue	Principiantes
	N	13-15:00 hrs.	mar	Principiantes
	O	13-15:00 hrs.	mier	Principiantes
	P	13-15:00 hrs.	jue	Principiantes
	Q	17-19:00 hrs.	mar	Principiantes
	R	17-19:00 hrs.	jue	Principiantes
	S	7-9:00 hrs.	mar	Intermedio
	T	7-9:00 hrs.	vie	Intermedio
	U	9-11:00 hrs.	mar	Intermedio
	V	9-11:00 hrs.	vie	Intermedio
	W	11-13:00 hrs.	lun	Intermedio
	X	11-13:00 hrs.	vie	Intermedio
	Y	13-15:00 hrs.	lun	Intermedio
	Z	13-15:00 hrs.	vie	Intermedio
	Z1	19-21:00 hrs.	mar	Intermedio
	Z2	19-21:00 hrs.	jue	Intermedio
Z3	7-9:00 hrs.	lun	Avanzado	
Z4	7-9:00 hrs.	mier	Avanzado	
Z5	7-9:00 hrs.	jue	Avanzado	
Z6	9-11:00 hrs.	lun	Avanzado	
Z7	9-11:00 hrs.	mier	Avanzado	
Z8	9-11:00 hrs.	jue	Avanzado	

GPO. ABDOMEN Y GLÚTEO

Salón 2	A	10-11:00 hrs.	mar
	B	10-11:00 hrs.	jue
	C	13-14:00 hrs.	mar
	D	13-14:00 hrs.	jue
	E	17-18:00 hrs.	mar
	F	17-18:00 hrs.	jue
	G	18-19:00 hrs.	lun
	H	18-19:00 hrs.	mie
	I	19-20:00 hrs.	mar
	J	20-21:00 hrs.	lun
	K	20-21:00 hrs.	mie

GPO. ZUMBA

Salón 2	B	14-15:00 hrs.	lun
	C	14-15:00 hrs.	mie
	D	14-15:00 hrs.	vie
	E	17-18:00 hrs.	lun
	F	17-18:00 hrs.	mie
	G	18-19:00 hrs.	mar
	H	18-19:00 hrs.	jue

GPO. BOX FITNESS

Salón 1	A	9-10:00 hrs.	lun
	B	9-10:00 hrs.	mie
	C	9-10:00 hrs.	vie
	D	10-11:00 hrs.	lun
	E	10-11:00 hrs.	mie
	F	10-11:00 hrs.	vie

GPO. H.I.I.T. TRAINING

Salón 2	A	8-9:00 hrs.	mier
	B	8-9:00 hrs.	vie

GPO. GIMNASIO

Gimnasio	A	6:00 - 14:00 hrs.	lun-vie	MATUTINO
	A	14-22:00 hrs.	lun-vie	VESPETINO

GPO. PADEL

Canchas de Padel	A	7-9:00 hrs.	lun
	B	7-9:00 hrs.	mar
	C	7-9:00 hrs.	mie
	D	7-9:00 hrs.	jue
	E	9-11:00 hrs.	lun
	F	9-11:00 hrs.	mar
	G	9-11:00 hrs.	mie

GPO. IBERO FIT

Con la metodología Crossfit Area Crossfit	A	6:30 - 7:30	lun
	B	6:30 - 7:30	mar
	C	6:30 - 7:30	mier
	D	6:30 - 7:30	jue
	E	6:30 - 7:30	vie
	F	7:30-8:30 hrs.	lun
	G	7:30-8:30 hrs.	vie
	H	9-10:00 hrs.	lun
	I	9-10:00 hrs.	mar
	J	9-10:00 hrs.	mier
	K	9-10:00 hrs.	jue
	L	9-10:00 hrs.	vie
	M	11-12:00 hrs.	lun
	N	11-12:00 hrs.	mar
	O	11-12:00 hrs.	mier
	P	11-12:00 hrs.	jue
	Q	11-12:00 hrs.	vie
	R	13-14:00 hrs.	lun
	S	13-14:00 hrs.	mar
	T	13-14:00 hrs.	mier
	U	13-14:00 hrs.	jue
	V	13-14:00 hrs.	vie
	W	16-17:00 hrs.	mar
	X	16-17:00 hrs.	mar
	Y	17-18:00 hrs.	lun
	Z1	17-18:00 hrs.	mar
	Z2	17-18:00 hrs.	mier
	Z3	17-18:00 hrs.	jue
Z4	18-19:00 hrs.	lun	
Z5	18-19:00 hrs.	mar	
Z6	18-19:00 hrs.	mier	
Z7	18-19:00 hrs.	jue	