



Nuevos Horarios 2020
LUNES A VIERNES 07:00 A 21:00HS
Sabado, Domingo y Festivos de 09:00 a 21:00 hs

HORARIO	Lunes	Martes	Miercoles	Jueves	Viernes	Sábado	Domingo
09:15-10:00	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym		
09:15-10:00	Spinning		Spinning				
09:15-10:15		Pilates					
09:30-10:15						PowerWave Crosstrainer	
09:30-10:30				Body-Pump			
10:00-10:20	Abs-streching		Abs-streching				
10:15-11:00	Aquagym	Aquagym	Aquagym	Aquagym			
10:15-11:15	Body-Pump				G:A.P		
10:30-11:15		Funcional Trx	TABATA	Body-Mind			
11:15- 12:00					Spinning		
11:15-12:15		GroupBoxing		GroupBoxing			
12:00-12:20					Abs-streching		
13:00-13:45						Aquagym	
14:00-14:45						Aquagym	
16:00-17:00					Water-Yoga		
17:00-17:45		TABATA		TRX			
18:00-19:00	Body-Pump		Body-Pump		G:A.P		
18:00-18:45		Body-Bands		C.T.A			
19:00-20:00	GroupBoxing		GroupBoxing		GroupBoxing		
19:00-19:45		PowerWave Crosstrainer		PowerWave Crosstrainer			
19:00-19:45	Aquagym	Aquagym	Aquagym	Aquagym			
19:15-20:00	Spinning		Spinning		Spinning		
20:00-20:20	Abs-streching		Abs-streching		Abs-streching		
20:00-21:00		Pilates		Body-Mind			