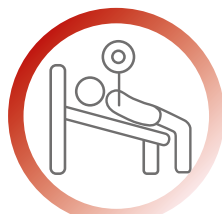
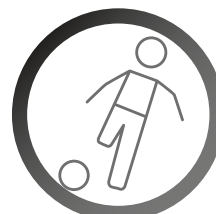


HORARIOS DEPORTIVOS





**HORARIOS
DEPORTIVOS**



BALLET

**Martes y jueves
16:30 a 17:30 hrs.
17:30 a 18:30 hrs.
18:30 a 19:30 hrs.**



HORARIOS DEPORTIVOS TAP



**Martes y jueves
16:30 a 17:30 hrs.
17:30 a 18:30 hrs.
18:30 a 19:30 hrs.**



HORARIOS DEPORTIVOS JAZZ



**Miércoles
16:30 a 17:30 hrs.
17:30 a 18:30 hrs.**



**HORARIOS
DEPORTIVOS**



GIMNASIA ARTISTICA

Femenil

Martes a viernes

16:00 a 17:30 hrs.

17:30 a 18:30 hrs.

Varonil

Martes a jueves

17:30 a 18:30 hrs.



**HORARIOS
DEPORTIVOS**



ALBERCA DEPORTIVA

**Martes a viernes
6:00 a 21:00 hrs.**

**Sábado
7:00 a 20:00 hrs.**

**Domingo
7:00 a 17:00 hrs.**



HORARIOS DEPORTIVOS



YOGA

Martes

7:00 a 8:00 hrs.
Multinivel
HATHA
Lalo

8:00 a 9:00 hrs.
Multinivel
HATHA
Lalo

9:00 a 10:00 hrs.
Multinivel
HATHA
Lalo

19:30 a 21:00 hrs.
Multinivel
VINYASA
Lalo

Miércoles

7:00 a 8:00 hrs.
Multinivel
TERAPÉUTICA
Madian

8:00 a 9:00 hrs.
Multinivel
VINYASA
Madian

9:00 a 10:00 hrs.
Inter/ Avanzado
VINYASA
Madian

10:00 a 11:00 hrs.
Multinivel
CHI KUNG
Madian

Jueves

7:00 a 8:00 hrs.
Multinivel
HATHA
Lalo

8:00 a 9:00 hrs.
Multinivel
HATHA
Lalo

9:00 a 10:00 hrs.
Multinivel
HATHA
Lalo

19:30 a 21:00 hrs.
Multinivel
VINYASA
Lalo

Viernes

7:00 a 8:00 hrs.
Multinivel
TERAPÉUTICA
Madian

8:00 a 9:00 hrs.
Multinivel
VINYASA
Madian

9:00 a 10:00 hrs.
Inter/ Avanzado
VINYASA
Madian

10:00 a 11:00 hrs.
Multinivel
RESTAURATIVA
Madian

Sábado

8:00 a 9:00 hrs.
Multinivel
VINYASA
Adriel

9:00 a 10:00 hrs.
Multinivel
VINYASA
Adriel



HORARIOS DEPORTIVOS



PILATES

Martes

8:00 a 9:00 hrs.
MATT
Laura Herrera

9:00 a 10:00 hrs.
REFORMER
Laura Herrera

10:00 a 11:00 hrs.
MATT
Laura Herrera

16:30 a 17:30 hrs.
MATT
Laura Herrera

17:30 a 18:30 hrs.
REFORMER
Laura Herrera

18:30 a 19:30 hrs.
REFORMER
Laura Herrera

20:00 a 21:00 hrs.
MATT
Fer Vargas

Miércoles

6:00 a 7:00 hrs.
REFORMER
Elid Suárez

7:00 a 8:00 hrs.
MATT
Elid Suárez

8:00 a 9:00 hrs.
MATT
Elid Suárez

9:00 a 10:00 hrs.
REFORMER
Elid Suárez

10:00 a 11:00 hrs.
REFORMER
Elid Suárez

16:30 a 17:30 hrs.
Multinivel
MATT
Fer Vargas

17:30 a 18:30 hrs.
REFORMER
Fer Vargas

18:30 a 19:30 hrs.
REFORMER
Fer Vargas

20:00 a 21:00 hrs.
MATT
Fer Vargas

Jueves

8:00 a 9:00 hrs.
MATT
Laura Herrera

9:00 a 10:00 hrs.
REFORMER
Laura Herrera

10:00 a 11:00 hrs.
MATT
Laura Herrera

16:30 a 17:30 hrs.
MATT
Laura Herrera

17:30 a 18:30 hrs.
REFORMER
Laura Herrera

18:30 a 19:30 hrs.
REFORMER
Laura Herrera

20:00 a 21:00 hrs.
MATT
Fer Vargas

Viernes

6:00 a 7:00 hrs.
REFORMER
Elid Suárez

7:00 a 8:00 hrs.
MATT
Elid Suárez

8:00 a 9:00 hrs.
MATT
Elid Suárez

9:00 a 10:00 hrs.
REFORMER
Elid Suárez

10:00 a 11:00 hrs.
REFORMER
Elid Suárez

16:30 a 17:30 hrs.
MATT
Fer Vargas

17:30 a 18:30 hrs.
REFORMER
Fer Vargas

18:30 a 19:30 hrs.
Multinivel
MATT
Fer Vargas

Sábado

9:00 a 10:00 hrs.
REFORMER
Laura Herrera

10:00 a 11:00 hrs.
MATT
Laura Herrera

11:00 a 12:00 hrs.
REFORMER
Laura Herrera

Domingo

9:00 a 10:00 hrs.
REFORMER
Liliana Sánchez

10:00 a 11:00 hrs.
MATT
Liliana Sánchez

11:00 a 12:00 hrs.
REFORMER
Liliana Sánchez



HORARIOS DEPORTIVOS



SPINNING

Martes y jueves

7:00 a 8:00 hrs.
8:00 a 9:00 hrs.
9:00 a 10:00 hrs.
Multinivel
Carlos

17:30 a 18:30 hrs.
18:30 a 19:30 hrs.
Multinivel
Aristóteles

Miércoles y viernes

7:00 a 8:00 hrs.
8:00 a 9:00 hrs.
9:00 a 10:00 hrs.
Multinivel
Ernesto

Sábado

9:00 a 10:00 hrs.
10:00 a 11:00 hrs.
Multinivel
Carlos



**HORARIOS
DEPORTIVOS**



ZUMBA

**Martes a sábado
10:00 a 11:00 hrs.**



**HORARIOS
DEPORTIVOS**



GYM

**Martes a viernes
6:00 a 21:00 hrs.**

**Sábado
7:00 a 20:00 hrs.**

**Domingo
7:00 a 17:00 hrs.**



**HORARIOS
DEPORTIVOS**



ZONA DIEZ

**Martes a viernes
6:00 a 13:00 hrs.
16:00 a 20:00 hrs.
Sábados y domingos
7:00 a 13:00 hrs.**



HORARIOS DEPORTIVOS



FÚTBOL

Infantil

Martes a jueves 16:00 a 17:00 hrs.
Miércoles y viernes 16:30 a 17:30 hrs.

Adolescentes

Martes, miércoles 19:00 a 20:00 hrs.
Viernes 18:00 a 20:00 hrs.

Adolescentes y adultos

Jueves 20:15 a 21:45 hrs.
Domingo 11:30 a 13:15 hrs.



HORARIOS DEPORTIVOS



GAP

(Glúteo, abdomen y pierna)

9:00 a 10:00 hrs.

(Zona Diez)

18:30 a 19:30 hrs.

(Zona Diez)

