

HORARIOS ACT. ADULTOS

 SALA A

LUN, MIE Y VIE		TRAINER
7.30 a 9.15	Outdoor Training	Valentin
8.30 a 9.30	Cross Training (Gym alto rendimiento)	Marcia
9.35 a 10.20	Cycling HI ●	Marcia
17.00 a 17.45	Cycling MI ●	Fabián
18.30 a 19.15	Cycling HI ●	Fabián
19.15 a 20.15	Radical Fitness	Fabián
20.15 a 21.00	Cycling MI ●	Fabián
MAR Y JUE		TRAINER
8.15 a 9.00	Cycling LI ●	Florencia
19.40 a 20.40	Sport Yoga	Noel
SAB		TRAINER
10.15 a 11.00	Cycling MI ●	Camila

 **LOW INTENSITY**  **HIGH INTENSITY**  **MODERATE INTENSITY**

HORARIOS ACT. ADULTOS

 SALA B

LUN, MIE Y VIE		TRAINER
7.30 a 8.30	Yoga (miércoles y viernes)	Silvina
8.30 a 9.30	Pilates Mat (lunes, miércoles, viernes)	Silvina
9.30 a 10.30	Yoga (lunes y miércoles)	Silvina
17.45 a 18.30	FIT	Fabián
19.40 a 20.40	Sport Yoga (miércoles)	Noel
MAR Y JUE		TRAINER
17.45 a 18.30	FIT + Cycling	Lorena
18.30 a 19.30	Full Body	Lorena
19.30 a 20.30	Outdoor Training	Marcia
SAB		TRAINER
10.00 a 11.00	Yoga Flow	Noel
11.00 a 12.00	ZUMBA	Fernanda

HORARIO

ACT. MENORES, JUVENILES Y ADULTOS

HOCKEY

	LUN	MAR	MIE	JUE	VIE	SAB
Escuelita	17.30 a 18.30				17.00 a 18.15	
Sub 14	18.00 a 19.30	17.00 a 18.30		17.00 a 18.30		
Sub 16	18.00 a 19.30	18.00 a 19.30		18.00 a 19.30		
Sub 18	18.00 a 19.30	19.00 a 20.30		19.00 a 20.30		
Intermedia	20.00 a 21.30			19.30 a 21.00		
Primera y Reserva		20.30 a 22.30		20.30 a 22.30		
Mami Hockey			20.00 a 21.00			10.00 a 11.30

RUGBY

	LUN	MAR	MIE	JUE	VIE
Escuelita		17.45 a 18.45		17.45 a 18.45	
M15		18.00 a 20.00		18.00 a 20.00	
M17		18.00 a 20.00		18.00 a 20.00	
M19		19.00 a 20.30		19.00 a 20.30	
Primera e Intermedia		20.30 a 22.00		20.30 a 22.00	

HORARIO

ACT. MENORES, JUVENILES Y ADULTOS

FÚTBOL

	LUN	MAR	MIE	JUE	VIE
2013, 2012, 2011, 2010, 2009	18.00 a 19.00		18.00 a 19.00		
2008			18.00 a 19.00		18.00 a 19.00
2007 y 2006			19.15 a 20.30		18.00 a 19.00
Sub 14 (2004)			19.15 a 20.45		19.15 a 20.45
Sub 15 (2003)	19.15 a 20.45				19.15 a 20.45
Sub 16 (2002)	19.15 a 20.45		19.15 a 20.45		19.15 a 20.45
Sub 18 (2000 y 2001)	19.15 a 20.45		19.15 a 20.45		19.15 a 20.45
Sub 20 (1999 y 1998) y Mayores	20.30 a 22.30		20.30 a 22.30	20.30 a 22.30	

FÚTBOL FEMENINO

	LUN	MAR	MIE	JUE	VIE
Sub 9, 11 y 13 Juveniles y Mayores	18.00 a 19.00				18.00 a 19.00
	19.30 a 20.45				19.30 a 20.45

HORARIOS ACT. ADULTOS

TENIS

	ACTIVIDAD	TRAINER
09.00 a 10.00	Mixto Nivel Avanzado (Lun)	Joaquin
10.00 a 11.00	Damas (Lun)	Joaquin
18.00 a 19.00	Mixto Principiantes (Lun)	Melane
18.00 a 19.00	Damas (Miérc)	Leonardo
09.00 a 10.00	Mixto Nivel Intermedio (Viern)	Joaquin
18.30 a 19.30	Damas (Viern)	Leonardo
19.30 a 20.30	Tenis Caballeros (Miérc y Viern)	Leonardo
19.00 a 21.00	Tenis Entrenamiento (Miérc)	Toto
19.30 a 21.30	Tenis Entrenamiento (Lun)	Toto

HORARIOS NATACIÓN

	LUN	MAR	MIE	JUE	VIE
ADULTOS		8.30 a 9.15		8.30 a 9.15	
	18.30 a 19.30		18.30 a 19.30		
PREESCOLARES (3 a 6 años)	9.15 a 10.15		9.15 a 10.15		9.15 a 10.15
	15.30 a 16.30		15.30 a 16.30		15.30 a 16.30
ESCOLARES (7 a 10 años)	10.30 a 11.30		10.30 a 11.30		10.30 a 11.30
	16.30 a 17.30		16.30 a 17.30		16.30 a 17.30
MAYORES DE 10 AÑOS		10.30 a 11.30		10.30 a 11.30	
	17.30 a 18.30		17.30 a 18.30		17.30 a 18.30

HORARIOS PILATES STUDIO



SALA DE PILATES STUDIO

LUN Y MIE		TRAINER
7.30 a 8.30	Pilates (caballeros)	Ivan
8.30 a 9.45	Pilates (damas)	Ivan
10.00 a 11.15	Pilates (damas)	Ivan
11.20 a 12.35	Pilates (damas)	Ivan
18.30 a 19.45	Pilates (damas)	Bettina
MAR Y JUE		TRAINER
7.00 a 8.00	Pilates (caballeros)	Ivan
8.00 a 9.15	Pilates (damas)	Ivan
9.30 a 10.45	Pilates (damas)	Ivan
11.00 a 12.15	Pilates (damas)	Ivan
17.30 a 18.45	Pilates (damas)	Silvina
18.45 a 20.00	Pilates (damas)	Silvina