

HORARIO FITNESS PRESENCIAL - 1° SEMESTRE 2022

| | LUNES | PROFESOR | MARTES | PROFESOR | MIÉRCOLES | PROFESOR | JUEVES | PROFESOR | VIERNES | PROFESOR |
|---------------|-------------|-----------|-------------|-----------|--------------|-----------|-------------|-----------|-------------|-----------|
| 09:00-10:00 | Baile | Guillermo | Body combat | Guille | Tabata 30min | Gloria | Body combat | Guille | Baile | Guillermo |
| | Flow | Gloria | RPM | Rodrigo | | | Fitball | Gloria | | |
| | | | | | | | RPM | Rodrigo | | |
| 10:30-11:30 | RPM | Rodrigo | Body Attack | Rodrigo | Baile | Guillermo | SPRINT | Rodrigo | RPM | Rodrigo |
| | Yoga | Danisa | Yoga | Danisa | Body pump | Rodrigo | Yoga | Danisa | Yoga | Danisa |
| | Baile | Guillermo | | | | | | | | |
| 11:45-12:45 | Body combat | Guille | Baile | Guillermo | Body combat | Guille | Flow | Gloria | Body combat | Guille |
| | Body pump | Rodrigo | SPRINT | Rodrigo | RPM | Rodrigo | Body Attack | Rodrigo | Body pump | Rodrigo |
| | | | Yoga | Danisa | Yoga | Danisa | | | | |
| 13:00 - 14:00 | GRIT | Rodrigo | Yoga | Danisa | GRIT | Rodrigo | CORE | Rodrigo | CORE | Rodrigo |
| | Yoga | Danisa | CORE | Rodrigo | Yoga | Danisa | Yoga | Danisa | Yoga | Danisa |
| 14:15 - 15:15 | Yoga | Danisa | Yoga | Danisa | Yoga | Danisa | Yoga | Danisa | Yoga | Danisa |
| | | | | | | | Baile | Guillermo | | |
| 15:30 - 16:30 | Baile | Guillermo | Body combat | Guillermo | Baile | Guillermo | Body combat | Guillermo | Baile | Guillermo |
| | Yoga | Danisa | Yoga | Danisa | Yoga | Danisa | Yoga | Danisa | Yoga | Danisa |
| 16:45-17:45 | Body combat | Guille | | | Yoga | Danisa | Dance pad | Gloria | Body combat | Guillermo |
| | | | | | | | | | Dance pad | Gloria |

HORARIO OUTDOORS PRESENCIAL - 1º SEMESTRE 2022

| | LUNES | PROFESOR | MARTES | PROFESOR | MIÉRCOLES | PROFESOR | JUEVES | PROFESOR | VIERNES | PROFESOR |
|---------------|-------------------|-------------------|-----------------|----------|-------------------|----------|-------------------|----------|-------------------|----------|
| 09:00 - 10:00 | Futbolito | Mirko | | | Futbolito | Mirko | | | Escalada | Martin |
| | | | | | Basquetbol | Manuel | | | | |
| 10:00-11:00 | Crosstraining | Ignacio | Crosstraining | Ignacio | Voley | Manuel | Crosstraining | Ignacio | Crosstraining | Ignacio |
| | Voley | Manuel | Futbolito | Mirko | Escalada | Martin | Futbolito | Mirko | Voley | Manuel |
| | Escalada | Martin | Trekking | Martin | Futbolito Mixto | Mirko | Voley | Manuel | Trail Running | Martin |
| | Futbolito | Mirko | Voley | Manuel | | | Futbolito Mujeres | Mirko | Futbolito | Mirko |
| | | Futbolito Mujeres | Mirko | | | | | | | |
| 11:30-12:30 | Futbolito | Mirko | Futbolito Mixto | Mirko | Futbolito | Mirko | Futbolito | Mirko | Futbolito | Mirko |
| | Trekking | Martin | Escalada | Martin | Trekking | Martin | Escalada | Martin | Escalada | Martin |
| | Voley | Manuel | Basquetbol | Manuel | Voley | Manuel | Basquetbol | Manuel | Voley | Manuel |
| | Crosstraining | Ignacio | Crosstraining | Ignacio | Crosstraining | Ignacio | Crosstraining | Ignacio | Crosstraining | Ignacio |
| | Futbolito Mujeres | Mirko | | | Futbolito Mujeres | Mirko | | | Futbolito Mujeres | Mirko |
| 12:30 - 13:30 | Escalada | Martin | Trekking | Martin | Escalada | Martin | Trekking | Martin | | |
| 13:30 - 14:30 | Futbolito | Mirko | Futbolito | Mirko | Futbolito | Mirko | Futbolito | Mirko | Crosstraining | Ignacio |
| | Trekking | Martin | Escalada | Martin | Trekking | Martin | Escalada | Martin | Futbolito Mixto | Mirko |
| | Basquetbol | Manuel | Voley | Manuel | Voley | Manuel | Voley | Manuel | Mountain bike | Martin |
| | | | | | | | | | Basquetbol | Manuel |
| 14:30 - 15:30 | Voley | Manuel | | | Voley | Manuel | | | | |
| 15:00 - 16:00 | Crosstraining | Ignacio | Crosstraining | Ignacio | Crosstraining | Ignacio | Crosstraining | Ignacio | Futbolito | Mirko |
| | Futbolito | Mirko | Futbolito | Mirko | Futbolito | Mirko | Futbolito Mixto | Mirko | Escalada | Martin |
| | | | Voley | Manuel | | | Voley | Manuel | Voley | Manuel |
| 16:00 - 17:00 | Voley | Manuel | Voley | Manuel | Basquetbol | Manuel | Voley | Manuel | Voley | Manuel |
| | Crosstraining | Ignacio | Futbolito | Mirko | Crosstraining | Ignacio | Trail Running | Martin | Futbolito | Mirko |
| | Escalada | Martin | Crosstraining | Ignacio | Escalada | Martin | Futbolito | Mirko | Crosstraining | Ignacio |
| | Futbolito Mixto | Mirko | Trekking | Martin | Futbolito | Mirko | Crosstraining | Ignacio | Mountain bike | Martin |
| 17:00 - 18:00 | Trekking | Martin | Escalada | Martin | Escalada | Martin | Basquetbol | Manuel | Basquetbol | Manuel |