

ACTIVIDADES PROGRAMA SALUDABLE – C.D.S. 2023

HORARIOS	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
CDS SAN ANTONIO	YOGA 10.30 A 11.30 HS.	ACOND. FISICO 8.30 A 9.30 HS.	YOGA 10.30 A 11.30 HS.	ACOND. FISICO 8.30 A 9.30 HS.	CHAIU DO KWAN 19.00 A 21.00
		ZUMBA 10.00 A 11.00HS.	CHAIU DO KWAN 19.00 A 21.00 HS.	ZUMBA 10.00 A 11.00 HS.	
CDS JUANA AZURDUY		YOGA 9.30 A 10.30 HS.	ZUMBA 19.00 a 20.00	YOGA 9.30 A 10.30 HS.	ZUMBA 19.00 A 20.00
		ACOND. FISICO 9.00 A 10.00 HS.		ACOND. FISICO 9.00 A 10.00 HS.	
CDS LA TORCACITA	YOGA 9.00 A 10.00 HS.	AERO - LOCAL 19.00 a 20.00		AERO - LOCAL 19.00 a 20.00 HS.	YOGA 9.00 A 10.00 HS.
		CHAIU DO KWAN 19.00 A 21.00 HS.		CHAIU DO KWAN 19.00 A 21.00 HS.	
		ACOND. FISICO 9.30 A 10.30 HS.		ACOND. FISICO 9.30 A 10.30 HS.	
POLIDEPORTIVO SAN ALBERTO	ACOND. FISICO 8.30 A 9.30 HS.	YOGA 11.00 A 12.00 HS.	ACOND. FISICO 8.30 A 9.30 HS.	YOGA 11.00 A 12.00 HS.	CHAIU DO KWAN 19.00 A 21.00
		CHAIU DO KWAN 19.00 A 21.00			FITNESS DANCE 19.00 A 20.00 HS.
		FITNESS DANCE 19.00 A 20.00 HS.			
CIC BARRIO NUEVO	CHAIU DO KWAN 19.00 A 21.00 HS.				CHAIU DO KWAN 19.00 A 21.00 HS.