

POLIDEPORTIVO LA TORCAZA
ACTIVIDADES PROGRAMA ITUZAINGÓ SALUDABLE

| LUNES | MARTES | MIERCOLES | JUEVES | VIERNES |
|------------------------------|---|---|---|------------------------------------|
| | ENTRENAMIENTO FUNC. 9.00 HS. | YOGA 8.30HS. | ENTRENAMIENTO FUNC. 9.00 HS. | YOGA 8.30HS. |
| ZUMBA 9.30 hs | TENIS 8.30 a 10.30 Hs. | ZUMBA 9.30 hs | TENIS 8.30 a 10.30 HS. | ZUMBA 9.30 hs |
| | BICI FIJA 8 Y 9 HS. | BICI FIJA 8.30 Y 9.30 HS. | BICI FIJA 8 Y 9 HS. | BICI FIJA 8.30 Y 9.30 HS. |
| YOGA 18.00 HS. SUSANA | TAI -CHI - 19.00 HS. TENIS – 18.30 a 20.30 HS. | YOGA 18.00 HS. | TAI -CHI - 19.00 HS. TENIS – 18.30 a 20.30 HS. | |
| | BICI FIJA 18.30 HS. 19.30 HS | BICI FIJA- SABRINA 18.30 HS. 19.30 HS | BICI FIJA 18.30 HS. 19.30 HS | BICI FIJA 18.30 HS. 19.30 HS |
| ENTR. FUNCIONAL 18.30 HS. | | ENTR. FUNCIONAL 18.30 HS. | | |
| ZUMBA 20.00 HS | | ZUMBA 20.00 HS | | ZUMBA 20.00 HS. |