

ESCUELAS DEPORTIVAS 2023**POLIDEPORTIVO LA****TORCAZA**

DEPORTE/DISCIPLINA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
PATÍN	17.30 – 19.30 hs.					14.00 – 16.00 hs.
VOLEIBOL		17.30 – 20.30 hs.		17.30 – 20.30 hs.		
FÚTBOL	17.30 – 20.30 hs.		17.30 – 20.30 hs.			
HANDBALL		17.30 – 19.00 hs.		17.30 – 19.00 hs.		
HOCKEY	18.30 – 20.30 hs.		18.30 – 20.30 hs.			
INICIACIÓN DEPORTIVA	17.30 – 18.30 hs.		17.30 – 18.30 hs.			
CHAIU DO KWAN (Quincho)			19.00 - 21.00 hs.		19.00 - 21.00 hs.	
TENIS		9.30 – 11.30 Hs 17.30 – 19-30 hs.		9.30 – 11.30 Hs. 17.30 – 19-30 hs.		
LUCHA	18.30 - 20.30 hs		18.30 - 20.30 hs.		18.30 - 20.30 hs.	

PROGRAMA SALUDABLE 2023

DEPORTE/DISCIPLINA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
ENTRENAMIENTO FUNCIONAL		8.30 - 9.30 hs 9.30 - 10.30 hs. 17.30 - 18.30hs.		8.30 - 9.30 hs 9.30 - 10.30 hs. 17.30 - 18.30hs.		
YOGA	8.30 - 9.30 hs 9.30 - 10.30 hs	16.00 – 17.00 hs.	8.30 - 9.30 hs 9.30 - 10.30 hs	16.00 – 17.00 hs.		
ZUMBA	9.30 - 10.30 hs 20.00 – 21.00 hs.		9.30 - 10.30 hs 20.00 – 21.00 hs.		9.30 - 10.30 hs 20.00 – 21.00 hs.	
TAICHI		18.00 – 19.00 hs. NICALI			18.00 – 19.00 hs.	
ZUMBA GOLD		15.00- 16.00		15.00- 16.00		
BICI FIJA	8.30 - 9.30 hs 9.30 - 10.30 hs 17.30 A 18.30 hs.	18.30 A 19.30 hs. 19.30 A 20.30 hs.	8.30 - 9.30 hs 9.30 - 10.30 hs 17.30 A 18.30 hs.	18.30 A 19.30 hs. 19.30 A 20.30 hs.	17.30 A 18.30 hs.	
YOGA TERAPEUTICO	16.00 A 17.00 hs.				16.00 A 17.00 hs.	
ACOND. FISICO AD. MAY.	10.30 – 11.30 hs.		10.30 – 11.30 hs.			
RUNNING	8.30 - 10.30 hs		8.30 - 10.30 hs.			
NEWCOM	16.00 - 17.00 hs.		16.00 - 17.00 hs.		16.00 - 17.00 hs.	

ESCUELAS DEPORTIVAS
DISCAPACIDAD 2023

ACTIVIDAD- DISCIPLINA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
SÁBADOS INCLUSIVOS						14.00 – 17.00 hs.
TENIS DE MESA PCD		15.00 - 16.00 hs.				
FÚTBOL PCD		16.00 - 17.00 hs.		16.00 – 17.00 hs.		
ATLETISMO PCD				17.00 – 18.00 hs.		
BOCCIAS				18.00 – 20.00 hs.		9.30 – 11.30 hs.
PARA KARATE	19.00 – 20.00 hs.					14.00 – 16.00 hs.