

ITUZAINGÓ SALUDABLE

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|-------------------------|--------------------|----------------------------------|-------------------|----------------------------------|-----------|--------|
| Zumba | 09:30 y 19:30hs | | 9:30 y 19:30hs | | 9:30hs | |
| Bici fija | 17:30hs | 8:30 9:30 18:30 19:30hs | 17:30 | 8:30 9:30 18:30 19:30hs | 17:30 | |
| Entrenamiento funcional | | 8:30 y 9:30hs | 18 y 19hs | 8:30 y 9:30hs | 18 y 19hs | |
| Yoga | 8:30 y 9:30hs | 16 y 17hs | 8:30 y 9:30hs | 16 y 17hs | 10:30hs | |
| Yoga Terapéutico | 16hs | | | | 16hs | |
| Running | 8:30hs | | 8:30hs | | | |

ADULTOS MAYORES

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|--------------------------|---------|--------|-----------|--------|---------|--------|
| Caminata | | 16hs | | 16hs | | |
| Zumba gold | | 15hs | | 15hs | | |
| Tejo | 15hs | | | | 15hs | |
| Newcom | 15hs | | 15hs | | 15hs | |
| Acondicionamiento físico | 10:30hs | | 10:30hs | | | |
| Tenis de mesa | 17:30hs | | 17:30js | | 17:00hs | |
| Sapo-Taba | | 14hs | | 14hs | | |
| Pentatlón | 9:30hs | | | | | |

PERSONAS CON DISCAPACIDAD

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|--|-------|---------------------------|-----------|---------|---------|--------|
| Sábados inclusivos | | | | | | 14hs |
| Natación | | 11:00 12:00 13:00hs | | | | |
| Atletismo | | 14:30hs | | 14:30hs | | |
| Tenis de mesa | | 15:30hs | | 15:30hs | | |
| Fútbol | | 16:30hs | | 16:30hs | | |
| Boccias | | | | 18:30hs | | 9:30hs |
| Actividades recreativas con familias TEA | | | | | | 11hs |

ESCUELAS DEPORTIVAS

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|---------------------------------|---------|---------|-----------|---------|---------|--------|
| Voleibol 9 a 12 años | | 17:30hs | | 17:30hs | | |
| Voleibol +13 años | | 18:30hs | | 18:30hs | | |
| Chaiu Do Kwan | | | 19hs | | 19hs | |
| Beach Voley +13 años | | 15hs | | 15hs | | |
| Lucha +9 años | 18:00hs | | 18:00hs | | 18:00hs | |
| Iniciación deportiva 5 a 8 años | 17:30hs | | 17:30hs | | | |
| Hanball 9 a 12 años | | | 17:30hs | | 17:30hs | |
| Patín básico/intermedio | 17:30hs | | | | | 14hs |
| Patín avanzado | 18:30hs | | | | | 15hs |
| Tenis Adultos | | 9:00hs | | 9:00hs | | |
| Tenis 9 a 12 años | | 17:30hs | | 17:30hs | | |
| Hockey 9 a 12 años | 18:30hs | | 18:30hs | | | |
| Hockey +13 años | 19:30hs | | 19:30hs | | | |
| Fútbol Infantil 5 a 7 años | 17:30hs | | 17:30hs | | 17:30hs | |
| Fútbol Infantil 8 a 12 años | 18:30hs | | 18:30hs | | 18:30hs | |
| Fútbol Adolescentes +13 años | 19:30hs | | 19:30hs | | 19:30hs | |
| Fútbol femenino +13 años | 19:30hs | | 19:30hs | | 19:30hs | |