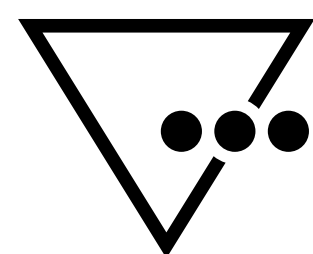




# HORARIOS

## TIBÁS



# PISCINA

TIBÁS

## Lunes

06:00 am  
**Nata. Prin - Inter**  
(Gloriana)

09:00 am  
**Nata. Prin - Inter**  
(Adilia)

12:00 md  
**Nata. Prin - Inter**  
(Ronald H)

06:00 pm  
**Nata. Prin - Inter**  
(Adilia)

07:00 pm  
**Nata. Prin - Inter**  
(Adilia)

## Martes

07:00 am  
**Nata. Prin - Inter**  
(Alex)

06:00 pm  
**Nata. Prin - Inter**  
(Adilia)

07:00 pm  
**Nata. Prin - Inter**  
(Adilia)

## Miércoles

12:00 md  
**Nata. Prin - Inter**  
(Adilia)

4:00 a 6:30 pm  
**Piscina**  
**Reservada**

04:30 pm  
**Nata. Niños**  
(Marianella)

05:30 pm  
**Nata. Niños**  
(Marianella)

07:00 pm  
**Nata. Prin - Inter**  
(Adilia)

## Jueves

07:00 am  
**Nata. Prin - Inter**  
(Adilia)

9:00 a 10:00 pm  
**Piscina**  
**Reservada**

06:00 pm  
**Nata. Prin - Inter**  
(Adilia)

07:00 pm  
**Nata. Prin - Inter**  
(Adilia)

## Viernes

06:00 am  
**Nata. Prin - Inter**  
(Gloriana)

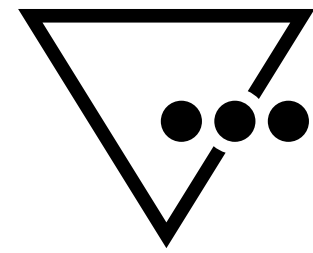
09:00 am  
**Nata. Prin - Inter**  
(Adilia)

## Sábado

08:00 am  
**Nata. Niños**  
(Marianella)

09:00 am  
**Nata. Niños**  
(Marianella)

10:00 am  
**Nata. Prin - Inter**  
(Adilia)



# YOGA - PILATES & TONING TIBÁS

---

## Lunes

06:00 am  
**Toning**  
(Ernesto)

09:00 am  
**Mobility**  
(Marcela)

07:00 pm  
**Toning**  
(Esteban)

08:00 pm  
**Yoga**  
(Mario)

## Martes

09:00 am  
**Barre**  
(Morgana)

07:00 pm  
**Yoga**  
(Cianne)

## Miércoles

06:00 am  
**Barre**  
(Morgana)

09:00 am  
**Mobility**  
(Marcela)

06:00 pm  
**Barre**  
(Marco N)

07:00 pm  
**Pilates**  
(Ernesto)

## Jueves

09:00 am  
**Pilates**  
(Ernesto)

07:00 pm  
**Yoga**  
(Cianne)

## Viernes

09:00 am  
**Toning**  
(Maricruz)

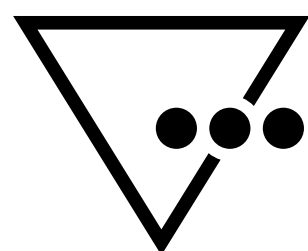
## Sábado

09:00 am  
**Pilates**  
(Ernesto)

01:00 pm  
**Yoga**  
(Mario)

## Domingo

09:00 am  
**Toning**  
(Ernesto)



# CYCLING & DANCE

TIBÁS

---

## Lunes

08:00 am  
**Baile**  
(Kemwell)

12:00 md  
**Cycling**  
(Marco N.)

06:00 pm  
**Baile**  
(Sylvia)

06:00 pm  
**Cycling**  
(Mario)

07:00 pm  
**Cycling**  
(Mario)

## Martes

12:00 md  
**Cycling**  
(Dennis)

06:00 pm  
**Baile**  
(Horacio)

## Miércoles

08:00 am  
**Baile**  
(Jenny)

## Jueves

12:00 md  
**Cycling**  
(Adrián Milano)

06:00 pm  
**Baile**  
(Sylvia)

06:30 pm  
**Cycling**  
(Mario)

## Viernes

08:00 am  
**Cycling**  
(Marco N.)

12:00 md  
**Cycling**  
(Marco N.)

06:00 pm  
**Baile**  
(Kemwell)

## Sábado

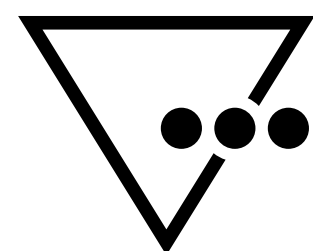
10:00 am  
**Baile**  
(Horacio)

11:00 am  
**Cycling**  
(Mario)

12:00 md  
**Cycling**  
(Mario)

## Domingo

10:00 am  
**Cycling**  
(Frank)



# OTRAS MODALIDADES

TIBÁS

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**Martes**

09:00 am  
**Programa  
Infinity  
(Marilyn)**

**Jueves**

09:00 am  
**Programa  
Infinity  
(Marilyn)**



<b>HORARIO</b>	<b>Lunes</b>	<b>Martes</b>	<b>Miércoles</b>	<b>Jueves</b>	<b>Viernes</b>	<b>Sábado</b>	<b>Domingo</b>
06:00 a.m.	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>		
08:00 a.m.	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>		
09:00 a.m.							
11:00 a.m.						<b>TT</b>	
12:00 m.d.	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>		
06:00 p.m.	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>		
07:00 p.m.	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>	<b>TT</b>		





Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
<b>02</b> Blend 1	<b>03</b> EMOMS 1	<b>04</b> Block 1	<b>05</b> Intervalos 1	<b>06</b> DT	<b>07</b> Metcon +	<b>08</b>
<b>09</b> Block 2	<b>10</b> EMOMS 2	<b>11</b> Blend 2	<b>12</b> Block 3	<b>13</b> Blend 3	<b>14</b> Metcon +	<b>15</b>
<b>16</b> Blend 1	<b>17</b> EMOMS 1	<b>18</b> Block 1	<b>19</b> Intervalos 1	<b>20</b> DT	<b>21</b> Metcon +	<b>22</b>
<b>23</b> Block 2	<b>24</b> EMOMS 2	<b>25</b> Blend 2	<b>26</b> Block 3	<b>27</b> Blend 3	<b>28</b> Metcon +	<b>29</b>

**Fortalecimiento**

- 1.Set
- 2.Blocks

**Acondicionamiento**

- 1.EMOMs
- 2.Intervalos
- 3.Metcon+

**Mixto**

- 1.DT (individual)
- 2.Blend (estaciones)