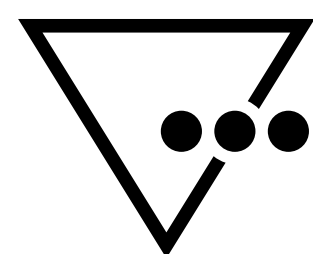




# HORARIOS

## 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

05:00 am  
**PISCINA RESERVADA**

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)

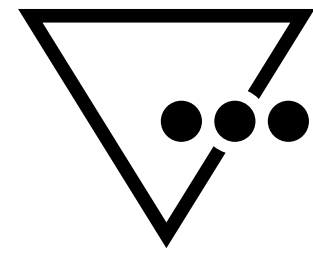
09:00 am  
**Nata. Prin - Inter**  
(Adilia)

## 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  
**Toning**  
(Orlando)

07:00 pm  
**Barre**  
(Morgana)

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  
**Toning**  
(Orlando)

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  
**Mobility**  
(Maricruz)

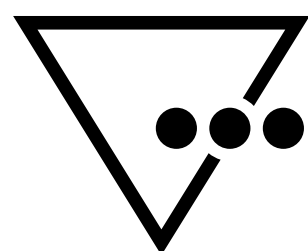
## Sábado

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

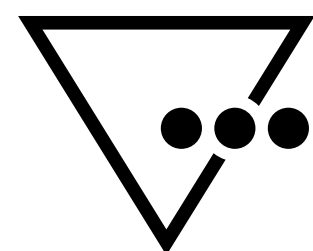
10:00 am  
**Baile**  
(Horacio)

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
10 Metcon	11 Blend	12 Force	13 Metcon	14 Blend	15 Metcon+	16
17 Metcon	18 Blend	19 Force	20 Metcon	21 Blend	22 Metcon+	23
24 Metcon	25 Blend	26 Force	27 Metcon	28 Blend	29 Metcon +	30
31 Metcon	01 Blend	02 Force	03 Metcon	04 Blend	05 Metcon+	06

**Fortalecimiento**

1. Set
2. Blocks
3. Force

**Acondicionamiento**

1. EMOMs
2. Intervalos
3. Metcon+

**Mixto**

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