



MULTISPA

# **HORARIO**

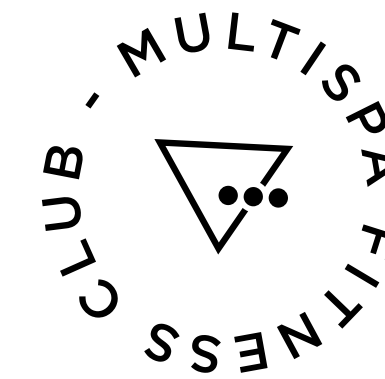
SEDE DE TIBÁS

DE LUNES A VIERNES DE 5 A.M. A 10 P.M. - SÁBADO DE 8 A.M. A 4 P.M. - DOMINGO DE 8 A.M. A 2 P.M.

# EVENTOS

Y ACTIVIDADES

# ESPECIALES



AGENDA  
MULTISPA CLASES  
ESPECIALES DEL MES DE  
**OCTUBRE 2026**

**Jueves 1**  
09:00 am  
**Acuaerobics**  
Piscina  
**Marylin**

**Martes 20**  
09:00 am  
**Recovery**  
Group Room  
**Ernesto**

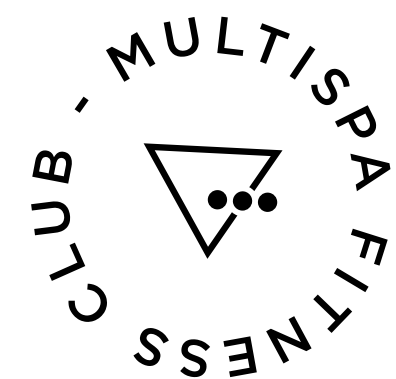
**Sabado 31**  
10:00 am  
**TT Camp**  
**Edición**  
**Halloween**  
TT Room

**Sabado 10**  
10:00 am  
**Charla de**  
**Hábitos**  
Groop room  
**Dennis**

**Jueves 29**  
6:00 pm  
**Baile**  
**Disfraces**  
Group Room

Horario regular

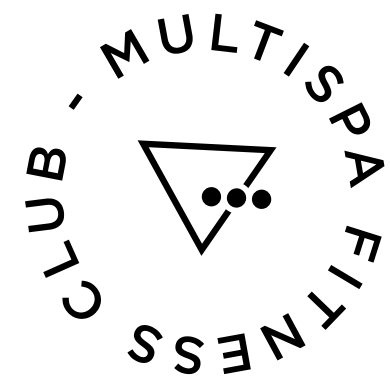
# PISCINA



| Lunes                                               | Martes                                            | Miércoles                                            | Miércoles                                         | Jueves                                               | Viernes                                             | Sábado                                            |
|-----------------------------------------------------|---------------------------------------------------|------------------------------------------------------|---------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------|
| 06:00 am<br><b>Nata. Prin - Inter</b><br>(Gloriana) | 07:00 am<br><b>Nata. Prin - Inter</b><br>(Alex)   | 05:00 am<br><b>Nata.</b><br>(Reservada)              | 07:00 pm<br><b>Nata. Prin - Inter</b><br>(Adilia) | 09:00 am a 10:00 am<br><b>Piscina</b><br>(Reservada) | 06:00 am<br><b>Nata. Prin - Inter</b><br>(Gloriana) | 08:00 am<br><b>Nata. Niños</b><br>(Marianella)    |
| 09:00 am<br><b>Nata. Prin - Inter</b><br>(Adilia)   | 06:00 pm<br><b>Nata. Prin - Inter</b><br>(Adilia) | 12:00 md<br><b>Nata. Prin - Inter</b><br>(Adilia)    |                                                   | 06:00 pm<br><b>Nata. Prin - Inter</b><br>(Adilia)    | 09:00 am<br><b>Nata. Prin - Inter</b><br>(Adilia)   | 09:00 am<br><b>Nata. Niños</b><br>(Marianella)    |
| 12:00 md<br><b>Nata. Prin - Inter</b><br>(Ronald H) | 07:00 pm<br><b>Nata. Prin - Inter</b><br>(Adilia) | 03:30 pm a 06:30 pm<br><b>Piscina</b><br>(Reservada) |                                                   | 07:00 pm<br><b>Nata. Prin - Inter</b><br>(Adilia)    | 06:00 pm<br><b>Nata. Prin - Inter</b><br>(Alex)     | 10:00 am<br><b>Nata. Prin - Inter</b><br>(Adilia) |
| 06:00 pm<br><b>Nata. Prin - Inter</b><br>(Adilia)   |                                                   | 04:30 pm<br><b>Nata. Niños</b><br>(Marianella)       |                                                   |                                                      |                                                     |                                                   |
| 07:00 pm<br><b>Nata. Prin - Inter</b><br>(Adilia)   |                                                   | 05:30 pm<br><b>Nata. Niños</b><br>(Marianella)       |                                                   |                                                      |                                                     |                                                   |

Horario regular

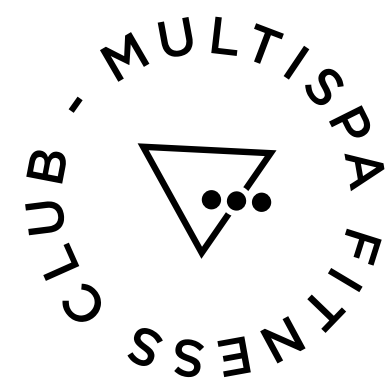
# YOGA – PILATES – BARRE & TONING



| Lunes                                  | Martes                                | Miércoles                               | Jueves                                  | Viernes                                   | Sábado                                  | Domingo                                |
|----------------------------------------|---------------------------------------|-----------------------------------------|-----------------------------------------|-------------------------------------------|-----------------------------------------|----------------------------------------|
| 09:00 am<br><b>Toning</b><br>(Orlando) | 08:00 am<br><b>Barre</b><br>(Ernesto) | 09:00 am<br><b>Toning</b><br>(Orlando)  | 09:00 am<br><b>Pilates</b><br>(Ernesto) | 09:00 am<br><b>Mobility</b><br>(Maricruz) | 09:00 am<br><b>Pilates</b><br>(Ernesto) | 09:00 am<br><b>Toning</b><br>(Ernesto) |
| 07:00 pm<br><b>Barre</b><br>(Marco)    | 09:00 am<br><b>Yoga</b><br>(Ernesto)  | 06:00 pm<br><b>Barre</b><br>(Marco N)   | 07:00 pm<br><b>Yoga</b><br>(Cianne)     |                                           | 01:00 pm<br><b>Yoga</b><br>(Mario)      |                                        |
| 08:00 pm<br><b>Yoga</b><br>(Mario)     | 07:00 pm<br><b>Yoga</b><br>(Cianne)   | 07:00 pm<br><b>Pilates</b><br>(Ernesto) |                                         |                                           |                                         |                                        |

Horario regular

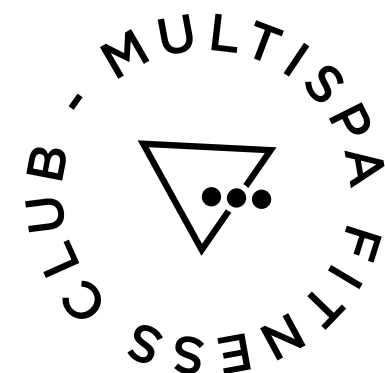
# CYCLING & DANCE



| Lunes                                 | Martes                                 | Miércoles                           | Jueves                                        | Viernes                                 | Sábado                                | Domingo                               |
|---------------------------------------|----------------------------------------|-------------------------------------|-----------------------------------------------|-----------------------------------------|---------------------------------------|---------------------------------------|
| 08:00 am<br><b>Baile</b><br>(Kemwell) | 12:00 md<br><b>Cycling</b><br>(Dennis) | 08:00 am<br><b>Baile</b><br>(Jenny) | 12:00 md<br><b>Cycling</b><br>(Adrián Milano) | 06:00 am<br><b>Cycling</b><br>(Ernesto) | 10:00 am<br><b>Baile</b><br>(Horacio) | 10:00 am<br><b>Cycling</b><br>(Frank) |
| 12:00 md<br><b>Cycling</b><br>(Marco) | 06:30 pm<br><b>Cycling</b><br>(Alex)   |                                     | 06:00 pm<br><b>Baile</b><br>(Sylvia)          | 08:00 am<br><b>Cycling</b><br>(Marco N) | 12:00 md<br><b>Cycling</b><br>(Mario) |                                       |
| 06:00 pm<br><b>Baile</b><br>(Sylvia)  | 06:00 pm<br><b>Baile</b><br>(Horacio)  |                                     | 06:30 pm<br><b>Cycling</b><br>(Mario)         | 12:00 md<br><b>Cycling</b><br>(Marco N) |                                       |                                       |
|                                       |                                        |                                     |                                               | 06:00 pm<br><b>Baile</b><br>(Kemwell)   |                                       |                                       |

Horario regular

# OTRAS MODALIDADES



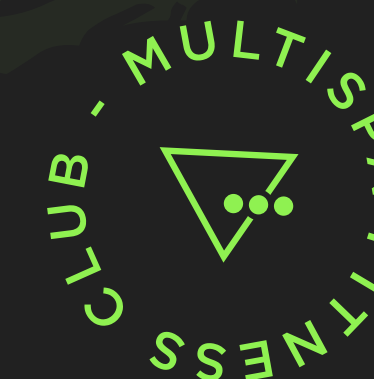
Martes

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

Jueves

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





# TEAM TRAINING

| HORARIO    | Lunes | Martes   | Miércoles | Jueves   | Viernes | Sábado   | Domingo |
|------------|-------|----------|-----------|----------|---------|----------|---------|
| 06:00 a.m. | Blend | Metcon   | Force     | Metcon   | Blend   |          |         |
| 08:00 a.m. | Blend | Metcon   | Force     | Metcon   | Blend   |          |         |
| 11:00 a.m. |       |          |           |          |         | Metcon + |         |
| 12:00 m.d. | Blend | Metcon   | Force     | Metcon   | Blend   |          |         |
| 06:00 p.m. | Blend | Metcon + | Force     | Metcon + | Blend   |          |         |
| 07:00 p.m. | Blend | Metcon   | Force     | Metcon   |         |          |         |

FORCE: Entrenamiento enfocado en hipertrofia y fuerza.  
METCOM: Entrenamiento de acondicionamiento. (cardio)  
BLEND: Combinacion blanceada de fuerza y cardio.  
METCOM+: Entrenamiento con enfoque variado