

SEDE ALTO ROSARIO

Junín 501, Rosario, Santa Fe

Teléfono: 0341-528-3190 / - Mail: altorosario@megatlon.com.ar

Horarios: Lunes a Viernes: 07:00 a 23:00 hs. Sábado: 09:00 a 21:00 hs. | Domingo: 10:00 a 20:00 hs.

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | LUGAR | STAFF |
|----------|------------|-----------------------|------------|-----------------------|------------|------------|----------|---------|-------------------------|
| 07:15 hs | HIIT | | HIIT | | HIIT | | | Salón 1 | Staff Megatlon |
| 07:30 hs | | Taller de Abdominales | | Taller de Abdominales | | | | Salón 1 | Staff Megatlon |
| 08:00 hs | Aero Local | | Aero Local | | Aero Local | | | Salón 1 | Miguel Ruiz |
| 08:00 hs | | GAP | | GAP | | | | Salón 1 | Miguel Ruiz |
| 09:00 hs | BodyPump | | BodyPump | | BodyPump | | | Salón 1 | Staff Megatlon |
| 09:00 hs | | Yoga | | Yoga | | | | Salón 1 | Staff Megatlon |
| 09:15 hs | | | | | | Aero Local | | Salón 1 | Miguel Ruiz |
| 10:15 hs | Zumba | | Zumba | | Zumba | | | Salón 1 | Miguel Ruiz |
| 10:15 hs | | | | | | BodyPump | | Salón 1 | Miguel Ruiz |
| 10:15 hs | | | | | | | Yoga | Salón 1 | Staff Megatlon |
| 11:30 hs | | | | | | Yoga | | Salón 1 | Staff Megatlon |
| 11:30 hs | | | | | | | BodyPump | Salón 1 | Staff Megatlon |
| 13:00 hs | Yoga | | Yoga | | Yoga | | | Salón 1 | Staff Megatlon |
| 14:00 hs | | Funcional | | Funcional | | | | Salón 1 | Alejandrina San martino |
| 14:00 hs | GAP | | GAP | | GAP | | | Salón 1 | Staff Megatlon |
| 15:00 hs | Aero Local | | Aero Local | | Aero Local | | | Salón 1 | Staff Megatlon |
| 15:00 hs | | Elongación | | Elongación | | | | Salón 1 | Sergio Ocampo |

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|-----------------|------------|------------|------------|------------|------------|----------|----------|----------|----------------|
| 16:00 hs | | Pilates | | Pilates | | | | Salón 1 | Sergio Ocampo |
| 16:00 hs | Yoga | | Yoga | | Yoga | | | Salón 1 | Staff Megatlon |
| 17:00 hs | | BodyPump | | BodyPump | | | | Salón 1 | Miguel Ruiz |
| 17:00 hs | Zumba | | Zumba | | Zumba | | | Salón 1 | Miguel Ruiz |
| 18:00 hs | BodyPump | | BodyPump | | BodyPump | | | Salón 1 | Staff Megatlon |
| 18:00 hs | | | | | | BodyPump | | Salón 1 | Jorge Mántica |
| 18:00 hs | | Zumba | | Zumba | | | | Salón 1 | Miguel Ruiz |
| 19:00 hs | | Localizada | | Localizada | | | | Salón 1 | Miguel Ruiz |
| 19:00 hs | BodyCombat | | BodyCombat | | BodyCombat | | | Salón 1 | Staff Megatlon |
| 20:00 hs | Funcional | | Funcional | | Funcional | | | Salón 1 | Sergio Ocampo |
| 20:00 hs | | Aero Local | | Aero Local | | | | Salón 1 | Miguel Ruiz |
| SPINNING | | | | | | | | | |
| 08:00 hs | | Spinning | | Spinning | | | | Spinning | Jorge Mántica |
| 08:00 hs | Spinning | | Spinning | | Spinning | | | Spinning | Staff Megatlon |
| 09:30 hs | | | | | | Spinning | | Spinning | Staff Megatlon |
| 10:30 hs | | | | | | | Spinning | Spinning | Staff Megatlon |
| 17:00 hs | Spinning | | Spinning | | Spinning | | | Spinning | Staff Megatlon |

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|-----------------|----------|----------|-----------|----------|----------|----------|---------|----------|----------------|
| SPINNING | | | | | | | | | |
| 18:00 hs | Spinning | | Spinning | | Spinning | | | Spinning | Sergio Ocampo |
| 18:00 hs | | Spinning | | Spinning | | | | Spinning | Staff Megatlon |
| 19:00 hs | Spinning | | Spinning | | Spinning | | | Spinning | Sergio Ocampo |
| 19:00 hs | | Spinning | | Spinning | | Spinning | | Spinning | Jorge Mántica |