

# SEDE DISTRITO ARCOS

Godoy Cruz 2626, CABA

Teléfono: 2078-5400 / - Mail: distritoarcos@megatlon.com.ar

**Horarios:** Lunes a Viernes: 07:00 a 22:00 hs. Sábado: 09:00 a 20:00 hs. | Domingo: 10:00 a 20:00 hs.

| HORA     | LUNES<br>25/05 | MARTES<br>26/05   | MIÉRCOLES<br>27/05 | JUEVES<br>28/05   | VIERNES<br>29/05 | SÁBADO<br>30/05 | DOMINGO<br>31/05 | LUGAR   | STAFF                 |
|----------|----------------|-------------------|--------------------|-------------------|------------------|-----------------|------------------|---------|-----------------------|
| 07:10 hs |                |                   |                    |                   | Funcional        |                 |                  | Salón 1 | Celeste Miotti        |
| 07:15 hs |                | Localizada        |                    | Localizada        |                  |                 |                  | Salón 1 | Celeste Miotti        |
| 08:10 hs |                | BodyPump          |                    | BodyPump          |                  |                 |                  | Salón 1 | Javier Grosman        |
| 08:10 hs |                |                   | GAP                |                   | GAP              |                 |                  | Salón 1 | Maximiliano Flores    |
| 09:10 hs |                | Funcional         |                    | Funcional         |                  |                 |                  | Salón 1 | Vvictor Velasco       |
| 09:10 hs |                |                   | Aero Combat        |                   | Aero Combat      |                 |                  | Salón 1 | Leonel Vera           |
| 09:10 hs |                |                   |                    |                   |                  | GAP             |                  | Salón 1 | Danny Rancaño         |
| 10:00 hs |                |                   |                    |                   |                  | Funcional       |                  | Salón 1 | Danny Rancaño         |
| 10:10 hs | Yoga           |                   | Yoga               |                   | Yoga             |                 |                  | Salón 1 | Néstor Martinez       |
| 10:10 hs |                | Elongación        |                    | Elongación        |                  |                 |                  | Salón 1 | Ana Claudia Prieto    |
| 10:10 hs |                |                   |                    |                   |                  |                 | Aero Local       | Salón 1 | Leonel Vera           |
| 11:10 hs | Localizada     |                   | Localizada         |                   | Localizada       |                 |                  | Salón 1 | Norberto Osvaldo Meda |
| 11:10 hs |                |                   |                    |                   |                  |                 | Aero Combat      | Salón 1 | Leonel Vera           |
| 11:30 hs |                | MegaCross Fitness |                    | MegaCross Fitness |                  |                 |                  | Salón 1 | Renso Cremonesi       |
| 11:30 hs |                |                   |                    |                   |                  | Yoga            |                  | Salón 1 | Susana Ortiz          |
| 12:10 hs | BodyPump       |                   |                    |                   |                  |                 |                  | Salón 1 | Staff Megatlon        |
| 12:15 hs |                |                   |                    |                   |                  |                 | BodyPump         | Salón 1 | Staff Megatlon        |

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|----------|----------------|-----------------------|--------------------|-----------------------|------------------|-----------------|------------------|----------|----------------------|
| 12:30 hs |                |                       |                    |                       |                  | BodyPump        |                  | Salón 1  | Staff Megatlon       |
| 13:15 hs | Elongación     |                       | Elongación         |                       | Elongación       |                 |                  | Salón 1  | Maria Silvia Sánchez |
| 13:30 hs |                | BodyPump              |                    | BodyPump              |                  |                 |                  | Salón 1  | Danny Rancaño        |
| 13:30 hs |                |                       |                    |                       |                  | Aero Combat     |                  | Salón 1  | Leonel Vera          |
| 14:30 hs |                | Pilates               | Funcional          | Pilates               |                  |                 |                  | Salón 1  | Celeste Miotti       |
| 16:00 hs |                | Funcional             |                    | Funcional             |                  |                 |                  | Salón 1  | Danny Rancaño        |
| 17:10 hs | Aero Combat    |                       |                    |                       |                  |                 |                  | Salón 1  | Javier Grosman       |
| 17:10 hs |                | Zumba                 |                    | Zumba                 |                  |                 |                  | Salón 1  | Sebastian Koffman    |
| 17:10 hs |                |                       | Aero Local         |                       | Aero Local       |                 |                  | Salón 1  | Danny Rancaño        |
| 18:00 hs |                | Taller de Abdominales |                    | Taller de Abdominales |                  |                 |                  | Spinning | Staff Megatlon       |
| 18:10 hs |                | Aero Combat           |                    | Aero Combat           |                  |                 |                  | Salón 1  | Leonel Vera          |
| 18:10 hs |                |                       | BodyPump           |                       | BodyPump         |                 |                  | Salón 1  | Staff Megatlon       |
| 19:10 hs |                | Localizada            |                    | Localizada            |                  |                 |                  | Salón 1  | Ricardo Calderón     |
| 19:15 hs |                |                       | Zumba              |                       | Zumba            |                 |                  | Salón 1  | Sebastian Koffman    |
| 20:10 hs |                | Yoga                  |                    | Yoga                  |                  |                 |                  | Salón 1  | Susana Ortiz         |
| 20:10 hs |                |                       | Elongación         |                       | Elongación       |                 |                  | Salón 1  | Ana Claudia Prieto   |

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|-----------------|----------------|-----------------|--------------------|-----------------|------------------|-----------------|------------------|----------|---------------------------|
| 21:00 hs        |                | Funcional       |                    | Funcional       |                  |                 |                  | Salón 1  | Santiago Ferrer           |
| 21:00 hs        |                |                 | Funcional          |                 |                  |                 |                  | Salón 1  | Staff Megatlon            |
| <b>SPINNING</b> |                |                 |                    |                 |                  |                 |                  |          |                           |
| 07:30 hs        |                | Spinning        |                    | Spinning        |                  |                 |                  | Spinning | Hugo Caputo               |
| 07:30 hs        |                |                 | Spinning           |                 | Spinning         |                 |                  | Spinning | Staff Megatlon            |
| 09:10 hs        |                | Spinning        |                    | Spinning        |                  |                 |                  | Spinning | Nicolas Nastri            |
| 09:10 hs        |                |                 | Spinning           |                 | Spinning         |                 |                  | Spinning | Miguel Alejandro Carruega |
| 10:00 hs        |                |                 |                    |                 |                  | Spinning        |                  | Spinning | Miguel Alejandro Carruega |
| 12:15 hs        | Spinning       |                 | Spinning           |                 | Spinning         |                 |                  | Spinning | Ruth Calla                |
| 13:00 hs        |                | Spinning        |                    | Spinning        |                  |                 |                  | Spinning | Maria Cecilia Martinuzzo  |
| 17:00 hs        |                |                 |                    |                 |                  | Spinning        |                  | Spinning | Silvia Cruspeire          |
| 18:00 hs        |                |                 | Spinning           |                 | Spinning         |                 |                  | Spinning | Carlos Javier Pages       |
| 19:10 hs        |                | Spinning        |                    | Spinning        |                  |                 |                  | Spinning | Sabrina Perez             |
| 19:10 hs        |                |                 | Spinning           |                 | Spinning         |                 |                  | Spinning | Omar Eduardo Montañez     |