# SEDE NÚÑEZ

Av. Libertador 8000, CABA

Teléfono: 4702-1193 / - Mail: nunez@megatlon.com.ar

**Horarios:** Lunes a Viernes: 06:30 a 23:00 hs. Sábado: 08:00 a 20:00 hs. | Domingo: 10:00 a 18:00 hs.

| HORA | LUNES 09/11 | MARTES 10/11 | MIÉRCOLES 04/11 | JUEVES 05/11 | VIERNES 06/11 | SÁBADO 07/11 | DOMINGO 08/11 | LUGAR | STAFF |
|---|---|---|---|---|---|---|---|---|---|
| 07:15 hs | | | | | Yoga | | | Salón 1 | Debora Rosana Ciezar |
| 08:00 hs | | | | Calistenia | | | | Outdoor | Staff Megatlon |
| 08:15 hs | | | Ritmos | | Ritmos | | | Salón 1 | Debora Domingorena |
| 08:15 hs | | | HIIT | | HIIT | | | Outdoor | Demi Escalante |
| 08:15 hs | | | | Recuperación de la Movilidad | | | | Salón 1 | Diego Martín |
| 08:15 hs | | | | Localizada | | | | Salón 2 | Sol Pissarello |
| 08:15 hs | | | | HIIT | | | | Espacio funcional | Juan Pablo Palacios |
| 08:30 hs | | | Aero Local | | Aero Local | | | Salón 2 | Maria Belen Palacio |
| 09:15 hs | Elongación | Elongación | Elongación | | Elongación | Elongación | | Salón 1 | Debora Rosana Ciezar |
| 09:15 hs | | GAP | | | | | | Salón 2 | Sol Pissarello |
| 09:15 hs | | | | HIIT | | | | Salón 2 | Demi Escalante |
| 09:15 hs | | | | Yoga | | | | Salón 1 | Néstor Martinez |
| 09:15 hs | | | | | | Localizada | | Salón 2 | Guillermo Chernek |
| 09:30 hs | | | Aero Local | | Aero Local | | | Salón 2 | Maria Belen Palacio |
| 09:30 hs | | | | | | Cycling Team | | Outdoor | Omar Eduardo Montañez |
| 10:15 hs | Aero Local | | | | | | | Salón 2 | Maria Belen Palacio |
| 10:15 hs | | Recuperación de la Movilidad | | | | | | Salón 1 | Diego Martín |

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|---|---|---|---|---|---|---|---|---|---|
| 10:15 hs | | | Hyrox | Hyrox | Hyrox | | | Espacio funcional | Demi Escalante |
| 10:15 hs | | | Elongación | | Elongación | Elongación | | Salón 1 | Debora Rosana Ciezar |
| 10:15 hs | | | | Elongación | | | | Salón 2 | Diego Martín |
| 10:15 hs | | | | | | Funcional | | Outdoor | Sol Pissarello |
| 10:15 hs | | | | | | | Yoga | Salón 1 | Staff Megatlon |
| 11:00 hs | | | Taller de Abdominales | Taller de Abdominales | Taller de Abdominales | | | Salón 2 | Demi Escalante |
| 11:00 hs | | | | | | Free Dance | | Salón 2 | Carolina Canclini |
| 11:00 hs | | | | | | | HIIT | Outdoor | Staff Megatlon |
| 11:15 hs | | | | | | Yoga | | Salón 1 | Natalia Romero |
| 11:15 hs | | | | | | | Zumba | Salón 2 | Dante araujo |
| 11:30 hs | | | | | | | Yoga | Salón 1 | Staff Megatlon |
| 12:00 hs | | | BodyPump | | BodyPump | | | Salón 2 | Danny Rancaño |
| 12:15 hs | | | HIIT | | HIIT | | | Espacio funcional | Juan Pablo Palacios |
| 12:15 hs | | | | Funcional | | | | Salón 2 | Mauro Martínez |
| 12:15 hs | | | | | | Entrenamiento Deportivo | | Salón 2 | Martin Recalt |
| 12:15 hs | | | | | | | Aero Combat | Salón 2 | Dolores Morales |

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|---|---|---|---|---|---|---|---|---|---|
| 13:15 hs | Aero Combat | | Aero Combat | | Aero Combat | | | Salón 1 | Leonel Vera |
| 13:15 hs | | | Localizada | | Localizada | | | Salón 2 | Viviana Bosetti |
| 13:15 hs | | | | Elongación | | | | Salón 1 | Debora Rosana Ciezar |
| 13:15 hs | | | | Funcional | | | | Salón 2 | Fede Gorosito |
| 13:15 hs | | | | | | BodyPump | | Salón 2 | Javier Hernán Petralli |
| 14:15 hs | | | Kangoo Jumps | | Kangoo Jumps | | | Salón 2 | Viviana Bosetti |
| 14:15 hs | | | | GAP | | | | Salón 2 | Gaby Iñigo |
| 15:15 hs | | | Localizada | | Localizada | | | Salón 2 | Pablo Kerekes |
| 15:15 hs | | | | Localizada | | | | Salón 2 | Gaby Iñigo |
| 15:30 hs | | | | | | | GAP | Salón 2 | |
| 16:15 hs | | | GAP | | GAP | | | Salón 2 | Pablo Kerekes |
| 16:15 hs | | | | Yoga | | | | Salón 1 | Néstor Martinez |
| 17:00 hs | | | | HIIT | | | | Salón 2 | Amanda Soiza Reilly |
| 17:15 hs | | | Elongación | | Elongación | | | Salón 1 | María Laura Barbosa |
| 17:15 hs | | | | Chi Kung | | | | Salón 1 | Fernando Boggero |
| 17:30 hs | | | | | | Zumba | | Salón 2 | Sarina Dero |

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|---|---|---|---|---|---|---|---|---|---|
| 18:00 hs | | | Calistenia | | Calistenia | | | Outdoor | Staff Megatlon |
| 18:00 hs | | | | BodyPump | | | | Salón 2 | Staff Megatlon |
| 18:15 hs | BodyPump | | | | | HIIT | | Salón 2 | Staff Megatlon |
| 18:15 hs | | Gimnasia Postural | | | | | | Salón 1 | Javier Agustín Franciotti |
| 18:15 hs | | | Pilates | | Pilates | | | Salón 1 | Pierina Parenti |
| 18:15 hs | | | HIIT | HIIT | HIIT | | | Salón HIIT | Estefania Cardozo |
| 18:15 hs | | | | Yoga | | | | Salón 1 | Natalia Romero |
| 18:15 hs | | | | | | Elongación | | Salón 1 | Sarina Dero |
| 18:15 hs | | | | | | Aero Combat | | Salón 2 | Javier Grosman |
| 19:00 hs | | | Running Team | | Running Team | | | Outdoor | Leandro Naya |
| 19:15 hs | | | Calistenia | | Calistenia | | | Outdoor | Staff Megatlon |
| 19:15 hs | | | Elongación | | Elongación | | | Salón 1 | Pierina Parenti |
| 19:15 hs | | | BodyPump | | BodyPump | | | Salón 2 | Staff Megatlon |
| 19:15 hs | | | HIIT | HIIT | HIIT | | | Salón HIIT | Estefania Cardozo |
| 19:15 hs | | | | Boxeo | | | | Salón 1 | juan Bottalico |
| 19:15 hs | | | | Aero Combat | | | | Salón 2 | Pablo Chirinian |

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|---|---|---|---|---|---|---|---|---|---|
| 20:15 hs | | | Hyrox | | | | | Espacio funcional | Staff Megatlon |
| 20:15 hs | | | | Zumba | | | | Salón 2 | Sarina Dero |
| 20:15 hs | | | | Elongación | | | | Salón 1 | Javier Agustín Franciotti |
| 20:15 hs | | | | Hyrox | | | | Espacio funcional | Aurelio Linares |
| 20:15 hs | | | | | Free Dance | | | Salón 2 | Debora Domingorena |
| 20:30 hs | | | Aero Combat | | | | | Salón 2 | Leonel Vera |
| **SPINNING** | | | | | | | | | |
| 07:15 hs | | | Spinning | | Spinning | | | Spinning | Miguel Alejandro Carruega |
| 07:15 hs | | | | Spinning | | | | Spinning | Marcelo Alexandre |
| 08:15 hs | | | Spinning | | Spinning | | | Spinning | Sara Mercedes Luminato |
| 08:15 hs | | | | Spinning | | | | Spinning | Marcelo Alexandre |
| 09:00 hs | | | | | | Spinning | | Spinning | Marcelo Alexandre |
| 09:15 hs | Spinning | | | | | | | Spinning | Miguel Alejandro Carruega |
| 09:15 hs | | Spinning | | Spinning | | | | Spinning | Silvia Cruspeire |
| 09:15 hs | | | Spinning | | Spinning | | | Spinning | Sara Mercedes Luminato |
| 10:15 hs | | | | | | Spinning | | Spinning | Ana Grosso |

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|---|---|---|---|---|---|---|---|---|---|
| **SPINNING** | | | | | | | | | |
| 10:15 hs | | | | | | | Spinning | Spinning | Miguel Alejandro Carruega |
| 11:15 hs | | | | | | Spinning | | Spinning | Adriana Pugliese |
| 11:15 hs | | | | | | | Spinning | Spinning | Miguel Alejandro Carruega |
| 12:15 hs | | | | Spinning + Abs | | | | Spinning | Nicolas Nastri |
| 12:15 hs | | | | | | Spinning | | Spinning | Adriana Pugliese |
| 13:15 hs | | | | | | Spinning | | Spinning | Miguel Alejandro Carruega |
| 17:15 hs | Spinning | Spinning | | | | | | Spinning | Sara Mercedes Luminato |
| 18:00 hs | | | Spinning | | Spinning | | | Spinning | Claudio Jugend |
| 18:15 hs | | | | Spinning | | | | Spinning | Adriana Pugliese |
| 19:15 hs | | | Spinning | | | | | Spinning | Mariano Lumelsky |
| 19:15 hs | | | | Spinning | | | | Spinning | Adriana Pugliese |
| 20:00 hs | | | | | Spinning | | | Spinning | Silvia Cruspeire |
| 20:15 hs | | | Spinning | | | | | Spinning | Mariano Lumelsky |
| 20:15 hs | | | | Spinning | | | | Spinning | Omar Eduardo Montañez |

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|---|---|---|---|---|---|---|---|---|---|
| **PILETA** | | | | | | | | | |
| 09:00 hs | | | | | | Acuática | | Pileta | Richard Lopez |
| 09:15 hs | | | Acuática | Acuática | Acuática | | | Pileta | Rosana Notini |
| 10:00 hs | | | | | | Acuática | | Pileta | Richard Lopez |
| 10:15 hs | Acuática | | | | | | | Pileta | Sofía Urtasun |
| 10:15 hs | | Acuática | | | | | | Pileta | Claudia Medina |
| 10:15 hs | | | Acuática | Acuática | Acuática | | | Pileta | Flor Jardon |
| 10:30 hs | | | | | | | Acuática | Pileta | Staff Megatlon |
| 11:15 hs | Acuática | | | | | | | Pileta | Sofía Urtasun |
| 11:15 hs | | | Acuática | Acuática | Acuática | | | Pileta | Flor Jardon |
| 11:30 hs | | | | | | | Acuática | Pileta | Staff Megatlon |
| 14:00 hs | | | | Acuática | | | | Pileta | Flor Jardon |
| 16:15 hs | | | | | | Acuática | | Pileta | Debora Rosana Ciezar |
| 19:15 hs | | | | Acuática | | | | Pileta | Sofía Urtasun |
| 19:30 hs | | | Acuática | | | | | Pileta | Staff Megatlon |
| 19:30 hs | | | | | Acuática | | | Pileta | Richard Lopez |