

SEDE NÚÑEZ

Av. Libertador 8000, CABA

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

Horarios: Lunes a Viernes: 6.30 a 23 hs. | Sábado: 8 a 20 hs. | Domingo: 10 a 18 hs.

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | LUGAR | STAFF |
|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------|---------|-------------------|-----------------------|
| 07:15 hs | Yoga | | Yoga | | Yoga | | | Salón 1 | Debora Rosana Ciezar |
| 08:15 hs | | GAP | | GAP | | | | Salón 2 | Sol Pissarello |
| 08:15 hs | HIIT | | HIIT | | HIIT | | | Outdoor | Demi Escalante |
| 08:15 hs | | HIIT | | HIIT | | | | Espacio funcional | Juan Pablo Palacios |
| 08:15 hs | Ritmos | | Ritmos | | Ritmos | | | Salón 1 | Staff Megatlon |
| 08:15 hs | | Pilates | | Pilates | | | | Salón 1 | Claudia Medina |
| 08:25 hs | Aero Local | | Aero Local | | Aero Local | | | Salón 2 | Maria Belen Palacio |
| 09:15 hs | | Yoga | | Yoga | | | | Salón 1 | Néstor Martinez |
| 09:15 hs | Elongación | | Elongación | | Elongación | Elongación | | Salón 1 | Debora Rosana Ciezar |
| 09:15 hs | | HIIT | | HIIT | | | | Salón 2 | Demi Escalante |
| 09:15 hs | | | | | | Localizada | | Salón 2 | Guillermo Cherek |
| 09:25 hs | Aero Local | | Aero Local | | Aero Local | | | Salón 2 | Maria Belen Palacio |
| 09:30 hs | | | | | | Cycling Team | | Outdoor | Omar Eduardo Montañez |
| 10:00 hs | Taller de Abdominales | Taller de Abdominales | Taller de Abdominales | Taller de Abdominales | Taller de Abdominales | | | Salón 1 | Sol Pissarello |
| 10:15 hs | Elongación | | Elongación | | Elongación | Elongación | | Salón 1 | Debora Rosana Ciezar |
| 10:15 hs | HIIT | HIIT | HIIT | HIIT | HIIT | | | Espacio funcional | Demi Escalante |
| 10:15 hs | | | | | | | Yoga | Salón 1 | Staff Megatlon |

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|----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------|------------|-------------------|---------------------------|
| 10:15 hs | | | | | | Funcional | | Outdoor | Staff Megatlon |
| 10:15 hs | | Elongación | | Elongación | | | | Salón 1 | Staff Megatlon |
| 11:00 hs | | | | | | | HIIT | Outdoor | Staff Megatlon |
| 11:00 hs | Taller de Abdominales | Taller de Abdominales | Taller de Abdominales | Taller de Abdominales | Taller de Abdominales | | | Salón 2 | Demi Escalante |
| 11:15 hs | | | | | | | Zumba | Salón 2 | Ximena Barrios Tabare |
| 11:15 hs | | | | | | Free Dance | | Salón 2 | Agustina Vanina García |
| 11:15 hs | | | | | | Yoga | | Salón 1 | Natalia Romero |
| 11:30 hs | | | | | | | Yoga | Salón 1 | Staff Megatlon |
| 12:15 hs | | | | | | Entrenamiento Deportivo | | Salón 2 | Martin Recalt |
| 12:15 hs | | | | | | | BodyCombat | Salón 2 | Ximena Barrios Tabare |
| 12:15 hs | BodyPump | | BodyPump | | BodyPump | | | Salón 2 | Alejandra Viviana Ferrari |
| 12:15 hs | HIIT | | HIIT | | HIIT | | | Espacio funcional | Juan Pablo Palacios |
| 12:15 hs | | Funcional | | Funcional | | | | Salón 2 | Mauro Martínez |
| 13:15 hs | | Elongación | | Elongación | | | | Salón 1 | Debora Rosana Ciezar |
| 13:15 hs | | Funcional | | Funcional | | | | Salón 2 | Fede Gorosito |
| 13:15 hs | | | | | | BodyPump | | Salón 2 | Javier Hernán Petralli |
| 13:15 hs | Localizada | | Localizada | | Localizada | | | Salón 2 | Viviana Bosetti |

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|----------|-------------------|------------|-------------------|------------|-------------------|--------|---------|-------------------|---------------------------|
| 13:15 hs | Aero Combat | | Aero Combat | | Aero Combat | | | Salón 1 | Alejandra Viviana Ferrari |
| 13:15 hs | BodyCombat | | BodyCombat | | BodyCombat | | | Salón 1 | Alejandra Viviana Ferrari |
| 14:15 hs | | Free Dance | | Free Dance | | | | Salón 1 | Lautaro Puyol |
| 14:15 hs | Kangoo Jumps | | Kangoo Jumps | | Kangoo Jumps | | | Salón 2 | Viviana Bosetti |
| 14:15 hs | | GAP | | GAP | | | | Salón 2 | Pablo Kerekes |
| 15:15 hs | Localizada | Localizada | Localizada | Localizada | Localizada | | | Salón 2 | Pablo Kerekes |
| 16:00 hs | | | | | | | Zumba | Salón 2 | Paula Bellone |
| 16:15 hs | | Yoga | | Yoga | | | | Salón 1 | Néstor Martínez |
| 16:15 hs | GAP | | GAP | | GAP | | | Salón 2 | Pablo Kerekes |
| 17:00 hs | | | | | | | GAP | Salón 2 | Paula Bellone |
| 17:15 hs | | Chi Kung | | Chi Kung | | | | Salón 1 | Fernando Boggero |
| 17:15 hs | | HIIT | | HIIT | | | | Espacio funcional | Jerónimo Guevara Lynch |
| 17:15 hs | | Free Dance | | Free Dance | | | | Salón 2 | Agustina Vanina García |
| 17:15 hs | HIIT | | HIIT | | HIIT | | | Salón HIIT | Staff Megatlon |
| 17:15 hs | Localizada | | Localizada | | Localizada | | | Salón 2 | Gaby Iñigo |
| 17:15 hs | Gimnasia Postural | | Gimnasia Postural | | Gimnasia Postural | | | Salón 1 | Ale Sánchez |
| 17:15 hs | | | | | | Zumba | | Salón 2 | Sarina Dero |

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| 18:00 hs | | Zumba | | Zumba | | | | Salón 2 | Staff Megatlon |
| 18:15 hs | | | | | | BodyCombat | | Salón 2 | Javier Grosman |
| 18:15 hs | Animal Flow | | Animal Flow | | Animal Flow | | | Salón 2 | Gaby Iñigo |
| 18:15 hs | | | | | | Elongación | | Salón 1 | Sarina Dero |
| 18:15 hs | Pilates | | Pilates | | Pilates | | | Salón 1 | Ale Sánchez |
| 18:15 hs | | | | | | HIIT | | Salón 2 | Sol Pissarello |
| 18:15 hs | | Yoga | | Yoga | | | | Salón 1 | Natalia Romero |
| 18:15 hs | HIIT | HIIT | HIIT | HIIT | HIIT | | | Espacio funcional | Estefania Cardozo |
| 19:00 hs | | BodyCombat | | BodyCombat | | | | Salón 2 | Pablo Chirinian |
| 19:00 hs | Running Team | | Running Team | | Running Team | | | Outdoor | Pablo Alberto Capozzoli |
| 19:15 hs | BodyPump | | BodyPump | | BodyPump | | | Salón 2 | Alejandra Viviana Ferrari |
| 19:15 hs | | Boxeo | | Boxeo | | | | Salón 1 | Juan Bottalico |
| 19:15 hs | HIIT | | HIIT | | HIIT | | | Salón 2 | Gaby Iñigo |
| 19:15 hs | | HIIT | | HIIT | | | | Outdoor | Estefania Cardozo |
| 19:15 hs | Elongación | | Elongación | | Elongación | | | Salón 1 | Pierina Parenti |
| 20:15 hs | BodyPump | | BodyPump | | | | | Salón 2 | Alejandra Viviana Ferrari |
| 20:15 hs | | Entrenamiento Deportivo | | Entrenamiento Deportivo | | | | Espacio funcional | Aurelio Linares |

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| 20:15 hs | | Elongación | | Elongación | | | | Salón 1 | Javier Agustín Franciotti |
| 20:15 hs | HIIT | | HIIT | | | | | Salón HIIT | Amanda Soiza Reilly |
| 21:15 hs | | Gimnasia Postural | | | | | | Salón 1 | Javier Agustín Franciotti |
| SPINNING | | | | | | | | | |
| 07:15 hs | Spinning | | Spinning | | Spinning | | | Spinning | Miguel Alejandro Carruega |
| 07:15 hs | | Spinning | | Spinning | | | | Spinning | Marcelo Alexandre |
| 08:15 hs | Spinning | | Spinning | | Spinning | | | Spinning | Sara Mercedes Luminato |
| 08:15 hs | | Spinning | | Spinning | | | | Spinning | Marcelo Alexandre |
| 09:00 hs | | | | | | Spinning | | Spinning | Marcelo Alexandre |
| 09:15 hs | Spinning | Spinning | Spinning | Spinning | Spinning | | | Spinning | Sara Mercedes Luminato |
| 10:15 hs | | | | | | | Spinning | Spinning | Miguel Alejandro Carruega |
| 10:15 hs | | | | | | Spinning | | Spinning | Staff Megatlon |
| 11:15 hs | | | | | | Spinning | | Spinning | Adriana Pugliese |
| 11:15 hs | | | | | | | Spinning | Spinning | Miguel Alejandro Carruega |
| 12:15 hs | | | | | | Spinning | | Spinning | Adriana Pugliese |
| 12:15 hs | Spinning + Abs | | Spinning + Abs | | Spinning + Abs | | | Spinning | Gabriela Lopez |
| 12:15 hs | | Spinning + Abs | | Spinning + Abs | | | | Spinning | Nicolas Nastri |

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| SPINNING | | | | | | | | | |
| 13:15 hs | | | | | | Spinning | | Spinning | Miguel Alejandro Carruega |
| 18:00 hs | Spinning | | Spinning | | Spinning | | | Spinning | Claudio Jugend |
| 18:15 hs | | Spinning | | Spinning | | | | Spinning | Adriana Pugliese |
| 19:15 hs | Spinning | | Spinning | | | | | Spinning | Claudio Jugend |
| 19:15 hs | | Spinning | | Spinning | | | | Spinning | Adriana Pugliese |
| 19:30 hs | | | | | Spinning | | | Spinning | Staff Megatlon |
| 20:15 hs | | Spinning | | Spinning | | | | Spinning | Omar Eduardo Montañez |
| 20:15 hs | Spinning | | Spinning | | | | | Spinning | Staff Megatlon |
| 20:30 hs | | | | | Spinning | | | Spinning | Staff Megatlon |
| PILETA | | | | | | | | | |
| 09:00 hs | | | | | | Acuática | | Pileta | Marina Parpinello |
| 09:15 hs | Acuática | Acuática | Acuática | Acuática | Acuática | | | Pileta | Rosana Notini |
| 10:00 hs | | | | | | Acuática | | Pileta | Marina Parpinello |
| 10:15 hs | Acuática | Acuática | Acuática | Acuática | Acuática | | | Pileta | Flor Jardon |
| 10:30 hs | | | | | | | Acuática | Pileta | Marina Parpinello |
| 11:15 hs | Acuática | Acuática | Acuática | Acuática | Acuática | | | Pileta | Flor Jardon |

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| PILETA | | | | | | | | | |
| 11:30 hs | | | | | | | Acuática | Pileta | Marina Parpinello |
| 14:15 hs | | Acuática | | Acuática | | | | Pileta | Nadine Teillas |
| 15:15 hs | | Acuática | | Acuática | | | | Pileta | Nadine Teillas |
| 16:15 hs | | | | | | Acuática | | Pileta | Staff Megatlon |
| 19:15 hs | | Acuática | | Acuática | | | | Pileta | Staff Megatlon |
| 19:30 hs | Acuática | | Acuática | | Acuática | | | Pileta | Sofía Urtasun |