

PROGRAMA CLASES COLECTIVAS DE ENERO 2019

clubelencinar

| LUNES | | | | | |
|-------|-------|------|--------------------------------|-----|-----|
| INIC | FIN | SALA | CLASE | INT | DIF |
| 9:30 | 10:30 | 1 | GAP / Ariel | ♥♥ | * |
| 9:30 | 10:30 | CY | CYCLE-REEBOK / Mariana | # | * |
| 10:30 | 11:30 | 1 | FITNESS / Isaac | ♥♥♥ | ** |
| 11:30 | 12:30 | M/C | PILATES MATWORK / Brenda | ♥ | * |
| 14:15 | 15:15 | CY | CYCLE-REEBOK / Victor | # | * |
| 14:30 | 15:30 | 1 | GLOBAL TRAINING / Isaac | ♥♥♥ | ** |
| 17:30 | 18:30 | 1 | STUDIO DANCE INFANTIL / Brenda | # | * |
| 19:00 | 20:00 | 1 | ZUMBA / Susana | ♥♥ | *** |
| 19:00 | 20:00 | KO | BOXEO ADULTOS / Fernando | # | * |
| 19:15 | 20:15 | M/C | YOGA / Angie | ♥ | ** |
| 20:00 | 21:00 | CY | CYCLE-REEBOK / | # | * |
| 20:00 | 21:00 | 1 | FITNESS / Marco | ♥♥♥ | ** |

| MARTES | | | | | |
|--------|-------|------|---------------------------|-----|-----|
| INIC | FIN | SALA | CLASE | INT | DIF |
| 8:00 | 9:00 | CY | CYCLE-REEBOK / Marco | # | * |
| 9:00 | 10:30 | M/C | YOGA / Javier M. | ♥ | * |
| 9:30 | 10:30 | 1 | PUMP/ Ariel | ♥♥ | * |
| 10:30 | 11:30 | 1 | CARDIO FITNESS / Isaac | ♥♥♥ | * |
| 11:30 | 12:30 | M/C | PILATES MATWORK / Brenda | ♥ | * |
| 14:30 | 15:00 | 1 | PUMP / Hugo | ♥♥ | * |
| 15:00 | 15:30 | 1 | TONO / Hugo | ♥♥ | * |
| 18:00 | 19:00 | KO | BOXEO INFANTIL / Fernando | # | * |
| 18:00 | 19:00 | 1 | STEP-TONO / Hugo | ♥♥♥ | ** |
| 19:00 | 20:00 | 1 | GLOBAL TRAINING / Hugo | ♥♥♥ | ** |
| 20:00 | 21:00 | M/C | PILATES MATWORK / Javi | ♥ | * |
| 20:00 | 21:00 | CY | CYCLE-REEBOK / Elvira | # | * |

| MIÉRCOLES | | | | | |
|-----------|-------|------|------------------------------|-----|-----|
| INIC | FIN | SALA | CLASE | INT | DIF |
| 9:30 | 10:30 | CY | CYCLE-REEBOK / David | # | * |
| 9:30 | 10:30 | M/C | PILATES CORRECTIVO / Sonia | ♥ | ** |
| 10:30 | 11:30 | 1 | PUMP / Isaac | ♥♥ | * |
| 14:15 | 15:15 | CY | CYCLE-REEBOK / PATRICIA | # | * |
| 14:30 | 15:30 | 1 | WORKOUT / Ariel | ♥♥♥ | ** |
| 17:30 | 18:30 | 1 | STUDIO DANCE JUNIOR / Brenda | # | * |
| 19:00 | 20:00 | 1 | ZUMBA / SUSANA | ♥♥ | *** |
| 19:00 | 20:00 | KO | BOXEO ADULTOS / Fernando | # | * |
| 19:15 | 20:15 | M/C | YOGA / Angie | ♥ | ** |
| 20:00 | 21:00 | 1 | GLOBAL TRAINING / Fernando | ♥♥♥ | ** |
| 20:00 | 21:00 | CY | CYCLE REEBOK / | # | * |

| JUEVES | | | | | |
|--------|-------|------|--------------------------------|-----|-----|
| INIC | FIN | SALA | CLASE | INT | DIF |
| 8:00 | 9:00 | CY | CYCLE-REEBOK / Marco | # | * |
| 9:00 | 10:30 | M/C | YOGA / Javier M. | ♥ | * |
| 9:30 | 10:30 | 1 | GAP / MARCO | ♥♥ | ** |
| 10:30 | 11:30 | M/C | PILATES MEDICINE BALL / Brenda | ♥ | * |
| 14:30 | 15:00 | 1 | ZUMBA / Hugo | ♥♥ | ** |
| 15:00 | 15:30 | 1 | GAP / Hugo | ♥♥ | * |
| 15:30 | 16:30 | M/C | PILATES MATWORK / Hugo | ♥ | * |
| 18:00 | 19:00 | KO | BOXEO INFANTIL / Fernando | # | * |
| 18:00 | 19:00 | 1 | GLOBAL TRAINING / Marco | ♥♥♥ | ** |
| 19:00 | 19:45 | 1 | STEP - TONO / Hugo | ♥♥ | ** |
| 19:45 | 20:30 | 1 | ZUMBA / Hugo | ♥♥ | ** |
| 20:00 | 21:00 | CY | CYCLE-REEBOK / Elvira | # | * |

| VIERNES | | | | | |
|---------|-------|------|---------------------------------------|-----|-----|
| INIC | FIN | SALA | CLASE | INT | DIF |
| 9:30 | 10:30 | 1 | PUMP / Isaac | ♥♥ | ** |
| 9:30 | 10:30 | CY | CYCLE-REEBOK / Mariana | # | * |
| 10:30 | 11:30 | 1 | RITMOS TRAINING / Hugo | ♥♥ | ** |
| 11:30 | 12:30 | M/C | PILATES MATWORK / Brenda | ♥ | * |
| 14:30 | 15:30 | M/C | PILATES REEDUCACIÓN POSTURAL / Brenda | ♥ | * |
| 14:30 | 15:30 | 1 | GLOBAL TRAINING / FERNANDO | ♥♥♥ | ** |
| 18:30 | 19:30 | 1 | WORKOUT / PATRICIA | ♥♥♥ | * |
| 19:30 | 20:30 | CY | CYCLE-REEBOK / Victor | # | * |

| SÁBADO | | | | | |
|--------|-------|------|---------------------------|-----|-----|
| INIC | FIN | SALA | CLASE | INT | DIF |
| 11:00 | 12:00 | 1 | GLOBAL TRAINING / Elvira | ♥♥ | ** |
| 12:10 | 13:10 | CY | CYCLE - REEBOK / Elvira | # | * |
| 13:00 | 14:00 | M/C | PILATES-STRETCHING / Hugo | ♥ | * |

| DOMINGO | | | | | |
|---------|-------|------|-------------------------|-----|-----|
| INIC | FIN | SALA | CLASE | INT | DIF |
| 11:10 | 12:10 | 1 | WORKOUT / Ariel | ♥♥♥ | ** |
| 12:10 | 13:10 | M/C | PILATES MATWORK / Ariel | ♥ | * |
| 12:00 | 13:00 | CY | CYCLE - REEBOK / Miri | # | * |
| 13:00 | 13:30 | 1 | CORE /Miri | ♥ | * |
| 13:30 | 14:00 | 1 | STRETCHING / Miri | ♥ | * |

INFORMACIÓN GENERAL

- 1) Se prohíbe el uso de teléfonos móviles durante el desarrollo de las sesiones.
- 2) Por cuestiones de seguridad se prohíbe la entrada a las clases una vez transcurridos 10 min. desde su inicio sin consultar previamente al profesor.
- 3) Los profesores del gimnasio CLUB EL ENCINAR, están debidamente titulados y son expertos en las actividades que imparten.
- 4) Se recomienda presentarse al profesor el 1er día de clase.

Horario del club : Lunes a Viernes de 7:30 - 22:30
Sábados de 10:00 - 22:00 / Domingos y Festivos 11:00 - 21:00

permite autoregular el nivel de carga a las capacidades de cada uno

IND: Intensidad y dificultad adaptada a los asistentes y a la programación.

**** Grupos especiales de pago. Información e inscripción en recepción club.**

M: Sala Marconi M/C: Sala Mente Cuerpo

| | | | | |
|-------------------|--------|----------|----------|---------------|
| Intensidad | ♥ Baja | ♥♥ Media | ♥♥♥ Alta | ♥♥♥♥ Muy Alta |
| Dificultad | * Baja | ** Media | *** Alta | **** Muy Alta |

CAMBIOS Y NOVEDADES