

CRONOGRAMA 2017

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Racket

· CLUB ·

FITNESS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
MAÑANA	LOCAL EXTREME 8 a 8.45 h	DANCE MIX 8.15 a 9.15 h	STRONG ZUMBA 8.15 a 9.15 h	DANCE MIX 8.15 a 9.15 h	LOCAL EXTREME 8 a 8.45 h	FUNCTIONAL RUNNING 9 a 10 h	
	STRETCHING 8.45 a 9.30 h				STRETCHING 8.45 a 9.30 h		
	SUSPENSION TRAINING 9.30 a 10 h	DANCE 9.15 a 10 h	STRETCHING 9.15 a 10 h	DANCE 9.15 a 10 h	SUSPENSION TRAINING 9.30 a 10 h		
	PROTRAINING 10 a 11 h	LOCAL 10 a 11 h	PROTRAINING 10 a 11 h	LOCAL 10 a 11 h	PROTRAINING 10 a 11 h	TRAINING GYM 10 a 11 h	
			DANCE 11 a 12 h			STRETCHING 11 a 12 h	
						LOCAL FULL 12 a 13 h	
					STRETCHING 13 a 14 h	STRETCHING 13 a 13.30 h	
TARDE				TELAS 14 a 15.15 h		TENIS DE MESA 14 a 15.15 h	
	DANCE 14.30 a 15.30 h						
						DANCE 17.45 a 18.45	
		FUNCTIONAL TRAINING 18.30 a 19.15 h		FUNCTIONAL TRAINING 18.30 a 19.15 h			
	FUNCTIONAL FITNESS 19 a 20 h	STRETCHING 19.15 a 20 h		STRETCHING 19.15 a 20 h	FUNCTIONAL FITNESS 19 a 20 h		
	TENIS DE MESA 20 a 21h		SALSA Y BACHATA 21 a 22 h		DANCE 20 a 21h		

YOGA

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
MAÑANA		ASHTANGA 11 a 12 h		ASHTANGA 11 a 12 h			
	IYENGAR 11.30 a 12.30 h				IYENGAR 11.30 a 12.30 h		
TARDE						ASHTANGA 15.30 a 16.30 h	
						HATHA 16.30 a 17.30 h	
			IYENGAR 19 a 20 h				
		IYENGAR 20 a 21 h	HATHA 20 a 21 h	IYENGAR 20 a 21 h			

INDOOR

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
MAÑANA	8 a 9 h	8 a 9 h	8 a 9 h	8 a 9 h	8 a 9 h	10 a 11 h	11 a 12 h 12 a 13 h
	9 a 10 h	9 a 10 h	9 a 10 h	9 a 10 h	9 a 10 h		
TARDE	13 a 14 h		13 a 14 h		13 a 14 h	13 a 14 h	
						17 a 18 h	17 a 18 h
	19 a 20 h	19.15 a 20 h	19 a 20 h	19.15 a 20 h	19 a 20 h		

OUTDOOR

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
M	RUNNING 8 a 9.30 h		RUNNING 8 a 9.30 h		RUNNING 8 a 9.30 h		