

**Calendario de Actividades Deportivas** Actualizado el Sab-01/09/22.-

**Actividades Presenciales Deportivas y Recreativas (Lu-Vi-5am/12am) (Sab-6am/12am y Dom-9am/10pm)**

| N° | DISCIPLINAS<br>(Deportivas y Recreativas)          | LUNES  | MARTES  | MIÉRCOLES  | JUEVES  | VIERNES   | SÁBADO  | DOMINGO       |
|----|--|--|---|--|---|---|---|---------------|
| 1  | Gimnasio   | 5am/10pm   | 5am a 10:00pm   | 5am a 10:00pm  | 5am a 10:00pm   | 5am a 10:00pm   | 6am a 6:00pm  | 9am a 1pm     |
| 2  | Tenis Horario General                              | 5am/10pm   | 5am/10pm  | 5am/10pm   | 5am/10pm  | 5am/10pm  | 6am/10pm  | 7am/10pm      |
| 3  | Academia de Tenis de Niños y Adultos               | Iniciación 3pm/4:45pm<br>Intermedio 4:30pm/6pm<br>Avanzado 4:30pm/6pm  | Iniciación 3pm/4:45pm<br>Intermedio 4:30pm/6pm<br>Avanzado 4:30pm/6pm   | Iniciación 3pm/4:45pm<br>Intermedio 4:30pm/6pm<br>Avanzado 4:30pm/6pm<br>Adultos 7pm/8pm   | Iniciación 3pm/4:45pm<br>Intermedio 4:30pm/6pm<br>Avanzado 4:30pm/6pm   | Iniciación 3pm/4:45pm<br>Intermedio 4:30pm/6pm<br>Avanzado 4:30pm/6pm   | Niños 5/14años 9am/10am<br>Adultos 10am /11am   | Juego Libre   |
| 4  | Pádel Horario General                              | 5am/10pm   | 5am/10pm  | 5am/10pm   | 5am/10pm  | 5am/10pm  | 6am/10pm  | 7am/10pm      |
| 5  | Academia de Pádel                                  |  | Niños 5-16 años<br>Intermedio: 4pm/5pm<br>Iniciación: 5pm/6pm<br>Adulto<br>6pm/7pm y 7pm/8pm  | Niños 5-16 años<br>Intermedio: 4pm/5pm<br>Iniciación: 5pm/6pm  | Niños 5-16 años<br>Intermedio: 4pm/5pm<br>Iniciación: 5pm/6pm<br>Adulto<br>6pm/7pm y 7pm/8pm  |   | Niños 5/9años 8am/9am<br>Niños 10/16años 9am/10am<br>Mayores de 17años 10am/11am                    | Juego Libre   |
| 6  | Salón de Juegos (Adultos)                          | CERRADO  | CERRADO   | 3pm a 12:00am  | 3pm a 12:00am   | 3pm a 12:00am   | 9am a 12:00am   | 9am a 10:00pm |
| 7  | Zumba  | 8am a 9am  |   | 8am/9am  |   | 8am a 9am   |   |               |
| 8  | Pilates  |  | 8am a 9am   | 8am a 9am  | 5pm a 6pm   | 5pm a 6pm   |   |               |
| 9  | Zumba  | 6:30pm a 7:30pm  | 6:10pm/7:10pm   | 6:30pm a 7:30pm  | 6:10pm/7:10pm   |   |   |               |
| 10 | Body Fit   | 7:30 pm a 8:30pm   |   | 7:30 pm a 8:30pm   |   |   |   |               |
| 11 | Camino De La Salud                                 | 5am/10pm   | 5am/12am  | 5am/12am   | 5am/12am  | 5am/12am  | 6am/12am  | 7am/10pm      |
| 12 | Natación: Deportiva, Nado Libre y Recreativa       | Niños: Iniciación 4pm/5pm<br>Intermedio: 5pm/6pm<br>Avanzado: 4:30pm/7pm<br>Recreativo: 10am/7pm   | Niños: Iniciación 4pm/5pm<br>Intermedio: 5pm/6pm<br>Avanzado: 4:30pm/7pm<br>Recreativo: 10am/7pm  | Niños: Iniciación 4pm/5pm<br>Intermedio: 5pm/6pm<br>Avanzado: 4:30pm/7pm<br>Recreativo: 10am/7pm   | Niños: Iniciación 4pm/5pm<br>Intermedio: 5pm/6pm<br>Avanzado: 4:30pm/7pm<br>Recreativo: 10am/7pm  | Niños: Iniciación 4pm/5pm<br>Intermedio: 5pm/6pm<br>Avanzado: 4:30pm/7pm<br>Recreativo: 10am/7pm  | Iniciación 9am/10am 5/10años<br>Intermedio 9am/10am<br>Libre - 6am a 9:00pm<br>Recreativo: 10am/7pm | 10am/7pm      |
| 13 | Natación Terapéutica                               | 6pm/7pm  | 6pm/7pm   |  | 6pm/7pm   |   |   |               |
| 14 | Natación: Master Nado Libre (Piscina Semiolímpica) | Equipo 7pm a 8pm<br>NADO-LIBRE 5am/3pm y 8pm/9pm   | Iniciación/Avanzado 8am/9am<br>NADO-LIBRE 5am/3pm y 7pm/9pm   | Equipo 7pm a 8pm<br>NADO-LIBRE 5am/3pm y 8pm/9pm   | Iniciación/Avanzado 8am/9am<br>NADO-LIBRE 5am/3pm y 7pm/9pm   | Equipo 7pm a 8pm<br>NADO-LIBRE 5am/3pm y 8pm/9pm  |   |               |
| 15 | Tenis De Mesa                                      |  | 5pm/8:00pm  | 5pm/9:00pm   | 5pm/8:00pm  | 5pm/8:00pm  | 10am/2pm  | Juego Libre   |
| 16 | Sevillana y Flamenco                               |  |   |  | Adultas-Sevillana 8am/9am   |   | Flamenco 5/12años 10am/12pm<br>Adultas Sevillana 8am/ -10am   |               |
| 17 | Ritmos Latinos (Ritmos por 3 meses)                |  | Ritmos Latinos 7:30pm/9pm   |  | Ritmos Latinos 7:30pm/9pm   |   |   |               |
| 18 | Karate   |  | Niños 4/14 años 3pm/4pm<br>Mayores de 15 años 4pm/5pm   |  | Niños 4/14 años 3pm/4pm<br>Mayores de 15 años 4pm/5pm   |   | Niños 4/14años 10am/11am<br>- Mayores de 15años 11am/12pm   |               |
| 19 | Liga Futbol Niños                                  | Mini Benjamín 4-5años 4pm/5pm<br>Pre Benjamín 6-8años-5pm-6pm<br>Benjamín 9-11años 5pm/6pm<br>Alevín 11-13años 4:30pm/6pm<br>Cadete 14-16años 6pm/7:30pm | Femenino 6/8años 4pm/5pm<br>Femenino 9/11años 5pm/6pm<br>Femenino 12/15años 6pm/7pm<br>Benjamín 9-11años 5pm/6pm<br>Alevín 11-13años 4:30pm/6pm | Mini Benjamín 4-5años 4pm/5pm<br>Pre Benjamín 6-8años-5pm-6pm<br>Benjamín 9-11años 5pm/6pm<br>Alevín 11-13años 4:30pm/6pm<br>Cadete 14-16años 6pm/7:30pm | Femenino 6/8años 4pm/5pm<br>Femenino 9/11años 5pm/6pm<br>Femenino 12/15años 6pm/7pm<br>Benjamín 9-11años 5pm/6pm<br>Alevín 11-13años 4:30pm/6pm | Femenino 9/11años 5pm/6pm<br>Femenino 12/15años 6pm/7pm<br>Mini Benjamín 4-5años 4pm/5pm<br>Pre Benjamín 6-8años-5pm-6pm<br>Cadete 14-16años 6pm/7:30pm | Niños de 5-6años 9am/10am<br>Niños 7/9años 10am /11am<br>Niños 10/12años 11am /12am                 | Juego Libre   |
| 20 | Ligas de Futbol Master                             | 8pm/10pm   | 8pm/10pm  | 8pm/10pm   | 8pm/10pm  | 8pm/10pm  |   | 7am/10am      |
| 21 | Gimnasia Rítmica                                   |  | Infantil 4-6años 4:30pm/5:30pm<br>Juveni10/14años 5:30pm/6:30pm   |  | Infantil 7-9años 4:30pm/5:30pm<br>Juv10/14años 5:30pm/6:30pm  |   |   |               |
| 22 | Baloncesto Infantil                                |  |   | Infantil 5/10años 4pm/5pm<br>Juvenil 11/16 años 5pm/6pm  |   |   | Infantil 5/10años 9am/10:30am<br>Juvenil 11/16años 10:30am/12pm                                     | Juego Libre   |
| 23 | Baloncesto Liga Master                             |  | 7pm/9pm   |  | 7pm/9pm   |   | 4pm/8pm   | Juego Libre   |
| 24 | Boxeo Mayores de 15 años                           |  | 7pm / 8:30pm  |  | 7pm / 8:30pm  |   |   |               |
| 25 | Salón de Juegos Infantil                           | CERRADA  | 2pm/10pm  | 2pm/10pm   | 2pm/10pm  | 2pm/12pm  | 10am/12am   | 10am/10pm     |