



# SEPTIEMBRE

./CLUB ROSEDAL

## HORARIOS

LUNES A VIERNES / 7 a 23 HS.  
SÁBADOS / 9 a 20 HS.

HS.	SALÓN	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	PROF.
8:00	HIIT	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		STAFF
8:00	YOGA STUDIO		YOGA HATHA VINYASA		YOGA HATHA VINYASA			SERGIO SANTANCIERI
8:30	AERO	LOCALIZADA		LOCALIZADA		LOCALIZADA		ANALIA FRAGA
8:30	CYCLE		STUDIO CYCLE		STUDIO CYCLE			GRETA AURA
9:00	HIIT		HIIT		HIIT			ANDRES HERRERA
9:30	YOGA STUDIO	STRETCHING		STRETCHING		STRETCHING		CAMILA CACERES
9:30	YOGA STUDIO		YOGA HATHA		YOGA HATHA			GRETA AURA
9:30	MUSCULACION		ABS ATTACK		ABS ATTACK			STAFF
10:30	YOGA STUDIO		YOGA HATHA		YOGA HATHA			GRETA AURA
10:30	AERO	DANCE!				DANCE!		ANALIA FRAGA
10:30	CYCLE						SOUL BIKE	CHRISTIAN BLUM
10:30	AERO			STEP LATINO				NATALIA OLIVE
10:30	AERO							CHRISTIAN BLUM
10:30	AERO		<b>BOX &amp; CARDIO</b>		<b>BOX &amp; CARDIO</b>			JUAN PABLO BACCI
11:00	HIIT	HIIT		HIIT		HIIT		ANDRES HERRERA
11:30	HIIT						FUNCTIONAL TRAINING	KARINA BAIRES
12:30	HIIT						OPEN CROSS	CHRISTIAN BLUM
13:00	HIIT	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING		FRANCISCO/CESAR
13:15	CYCLE	STUDIO CYCLE	STUDIO CYCLE	STUDIO CYCLE	STUDIO CYCLE	STUDIO CYCLE		SANTIAGO GRANDE
13:15	YOGA STUDIO		YOGA + STRETCHING		YOGA + STRETCHING			ELVIRA ENCINA
13:15	AERO	BOX & CARDIO		BOX & CARDIO				PATRICIA MULET RIESCO
14:00	YOGA STUDIO	YOGA VINYASA FLOW		YOGA VINYASA FLOW		YOGA VINYASA FLOW		PATRICIA MULET RIESCO
17:00	YOGA STUDIO		<b>BARRE/CALISTENIA</b>		<b>BARRE/CALISTENIA</b>			JIMENA PLAINI
17:00	AERO						ZUMBA	ROBERTO MENA
17:00	CYCLE						STUDIO CYCLE	ROBERT WLAINAYTH
18:00	AERO						GYMBOXING	ROBERTO MENA
18:00	YOGA STUDIO	PILATES MAT		PILATES MAT		PILATES MAT		UGO GIUPPONE
18:00	MUSCULACION	ABS ATTACK		ABS ATTACK		ABS ATTACK		STAFF
18:00	YOGA STUDIO		YOGA VINYASA		YOGA VINYASA			NATALIA OLIVE
18:00	AERO	BOX & CARDIO		BOX & CARDIO		BOX & CARDIO		PATRICIA MULET - RIESCO
18:00	HIIT		OPEN CROSS		OPEN CROSS			CHRISTIAN BLUM
18:00	AERO		KANGOO JUMPS		KANGOO JUMPS			DANIELA NOBREGA
18:00	HIIT	<b>BREAKLETICS</b>						LUCILA MARCHESE
19:00	YOGA STUDIO	ZUMBA		ZUMBA				ROSARIO MARIANESCHI
19:00	YOGA STUDIO		YOGA VINYASA		YOGA VINYASA			NATALIA OLIVE
19:00	AERO	YOGA HATHA VINYASA		YOGA HATHA VINYASA		YOGA HATHA VINYASA		SERGIO SANTANCIERI
19:00	CYCLE	STUDIO CYCLE		STUDIO CYCLE		STUDIO CYCLE		HECTOR BIANCHI
19:00	AERO		LOCALIZADA		LOCALIZADA			ROBERTO MENA
19:00	HIIT	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		CHRISTIAN PORTA
19:00	HIIT		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING			KARINA BAIRES
19:30	CYCLE		GROUP CYCLING®		GROUP CYCLING®			MILENA MASSUCCO
19:30	ROSEDAL		RUNNING TEAM OUTDOOR(*)		RUNNING TEAM OUTDOOR (*)			MARCELO MANSILLA
19:30	MUSCULACION	ABS/BRAZOS		ABS/BRAZOS		ABS/BRAZOS		STAFF
19:30	MUSCULACION		ABS/PIERNAS		ABS/PIERNAS			STAFF
20:00	YOGA STUDIO	YOGA HATHA VINYASA		YOGA HATHA VINYASA		YOGA HATHA VINYASA		SERGIO SANTANCIERI
20:00	AERO	PIERNAS PERFECTAS 30'		PIERNAS PERFECTAS 30'		PIERNAS PERFECTAS 30'		PATRICIA MULET - RIESCO
20:00	HIIT	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		CHRISTIAN PORTA
20:00	HIIT		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING			KARINA BAIRES
20:00	AERO		ZUMBA		ZUMBA			ROBERTO MENA
20:15	CYCLE	STUDIO CYCLE		STUDIO CYCLE				MARIA LAURA CHARRUFF
20:30	AERO	KILLER ABS 30'		KILLER ABS 30'		KILLER ABS 30'		PATRICIA MULET - RIESCO
21:00	HIIT		OPEN CROSS		OPEN CROSS			CHRISTIAN BLUM
21:00	AERO	<b>MMA TRAINING</b>		<b>MMA TRAINING</b>				CHRISTIAN PORTA
21:00	HIIT	OPEN CROSS		OPEN CROSS				CHRISTIAN BLUM
21:00	YOGA STUDIO	YOGA HATHA VINYASA		YOGA HATHA VINYASA		YOGA HATHA VINYASA		PATRICIA MULET RIESCO

(\*) Comienza el 14 de AGOSTO

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