

MAÑANA (de 9h a 12h)

9:00	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)			9:00
9:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					9:00
9:30	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)			9:30
9:30	ZUMBA (45 ') (S2)	BODY BALANCE (45 ') (S1)	ZUMBA (45 ') (S2)	BODY BALANCE (45 ') (S1)	YOGA (45 ') (S1)			9:30
9:30		GLUTEBOOM (45 ') (S2)		GLUTEBOOM (45 ') (S2)	BOOST (45 ') (S2)			9:30
9:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			9:30
9:45	YOGA (45 ') (S1)		YOGA (45 ') (S1)					9:45
10:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					10:00
10:15	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)			10:15
10:30	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	PILATES (45 ') (S1)	INICIACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	10:30
10:30	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
10:30					CICLO VIRTUAL (45 ') (SC)			10:30
10:45		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)				10:45
11:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)	11:00
11:30	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	BODY PUMP (45 ') (S2)	11:30
11:30	BOOST (45 ') (S2)	PAIDE TOTAL (45 ') (ZEF)	BOOST (45 ') (S2)	PAIDE TOTAL (45 ') (ZEF)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	11:30
11:45						MÁSTER NATACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	11:45

MEDIODÍA (de 12h a 17h)

12:00	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)			12:00
12:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					12:00
12:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)			CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	12:30
13:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:30
14:00	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)			14:00
14:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		14:30
14:45	ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)			14:45
15:00	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)			15:00
15:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		15:30
16:00	INICIACIÓN (30 ') (P)	CNPAIDE (30 ') (P)	INICIACIÓN (30 ') (P)	CNPAIDE (30 ') (P)	INICIACIÓN (30 ') (P)			16:00
16:00					CICLO VIRTUAL (45 ') (SC)			16:00
16:30	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)			16:30
16:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					16:30

TARDE (de 17h al cierre)

17:00					CICLO VIRTUAL (45 ') (SC)			17:00
17:30	PILATES (45 ') (S1)	CICLO (45 ') (SC)	PILATES (45 ') (S1)	CICLO (45 ') (SC)				17:30
17:30	BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)					17:30
17:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					17:30
17:45	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)					17:45
18:00		GLUTEBOOM (45 ') (S2)		GLUTEBOOM (45 ') (S2)	BOOST (45 ') (S2)			18:00
18:00					CICLO VIRTUAL (45 ') (SC)			18:00
18:15		PAIDE TOTAL (45 ') (ZEF)		PAIDE TOTAL (45 ') (ZEF)				18:15
18:30	YOGA (45 ') (S1)	PILATES (45 ') (S1)	YOGA (45 ') (S1)	PILATES (45 ') (S1)				18:30
18:30	BOOST (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	BOOST (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)				18:30
18:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					18:30
19:00		BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)	BODY PUMP (45 ') (S2)			19:00
19:00					CICLO VIRTUAL (45 ') (SC)			19:00
19:30	ZUMBA (45 ') (S2)	CICLO (45 ') (SC)	ZUMBA (45 ') (S2)	CICLO (45 ') (SC)				19:30
19:30	CICLO (45 ') (SC)		CICLO (45 ') (SC)					19:30
19:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)					19:30
20:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	CICLO (45 ') (SC)			20:00
20:00		BODY BALANCE (45 ') (S1)		BODY BALANCE (45 ') (S1)				20:00
20:00		BODY COMBAT (45 ') (S2)		BODY COMBAT (45 ') (S2)				20:00
20:15					AQUADYNAMIC (45 ') (P)			20:15
20:30	BODY PUMP (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)				20:30
20:30	CICLO (45 ') (SC)	MMA (60 ') (ZEF)	CICLO (45 ') (SC)	MMA (60 ') (ZEF)				20:30
20:45	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)				20:45
21:00					CNPAIDE (30 ') (P)			21:00

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	