

MAÑANA (de 9h a 12h)

8:45	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		
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)		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)	GAP (45 ') (S2)	ZUMBA (45 ') (S2)	GAP (45 ') (S2)	ZUMBA (45 ') (S2)		9:30
9:30	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)		9:30
9:30		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)			9:30
10:00	CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)	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)	WALKING VIRTUAL (30 ') (ZIW)	10:15
10:15	YOGA (45 ') (S1)	BODY BALANCE (45 ') (S1)	YOGA (45 ') (S1)	BODY BALANCE (45 ') (S1)	YOGA (45 ') (S1)		10:15
10:15	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		10:15
10:30	BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)	INICIACIÓN (30 ') (P)	10:30
10:30						CICLO (45 ') (SC)	10:30
10:45		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)			10:45
11:00	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	AQUADYNAMIC (45 ') (P)	11:00
11:00	PAIDE CROSS (30 ') (ZEF)	WALKING VIRTUAL (30 ') (ZIW)	PAIDE CROSS (30 ') (ZEF)	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	11:00
11:00	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)				11:00
11:15	PILATES (45 ') (S1)		PILATES (45 ') (S1)		CICLO (45 ') (SC)		11:15
11:30	BODY COMBAT (45 ') (S2)		BODY COMBAT (45 ') (S2)			BODY PUMP (45 ') (S2)	11:30
11:30						CICLO VIRTUAL (45 ') (SC)	11:30
11:45	WALKING VIRTUAL (30 ') (ZIW)	ABDOMINALES (15 ') (S2)	WALKING VIRTUAL (30 ') (ZIW)	ABDOMINALES (15 ') (S2)	WALKING VIRTUAL (30 ') (ZIW)	MÁSTER NATACIÓN (30 ') (P)	11:45
11:45		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	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	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		ABDOMINALES (15 ') (S2)		12:00
12:30	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO (45 ') (SC)	12:30
12:30		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	12:30
13:15	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	13:15
13:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	13:30
13:45	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)		13:45
14:00	WALKING VIRTUAL (30 ') (ZIW)	BODY PUMP (45 ') (S2)	WALKING VIRTUAL (30 ') (ZIW)	BODY PUMP (45 ') (S2)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	14:00
14:00		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)			14:00
14:30	ABDOMINALES (15 ') (S2)	CICLO VIRTUAL (45 ') (SC)	ABDOMINALES (15 ') (S2)	CICLO VIRTUAL (45 ') (SC)	ABDOMINALES (15 ') (S2)		14:30
14:45	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	14:45
14:45					WALKING VIRTUAL (30 ') (ZIW)		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)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	15:30
15:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			15:30
16:00		CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)			16:00
16:15	INICIACIÓN (30 ') (P)	WALKING VIRTUAL (30 ') (ZIW)	INICIACIÓN (30 ') (P)	WALKING VIRTUAL (30 ') (ZIW)	INICIACIÓN (30 ') (P)		16:15
16:15	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		16:15
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		16:30
16:45	AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)		16:45

TARDE (de 17h al cierre)

17:00	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		
17:15	PILATES (45 ') (S1)		PILATES (45 ') (S1)				17:15
17:30	MÁSTER NATACIÓN (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	MÁSTER NATACIÓN (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	MÁSTER NATACIÓN (30 ') (P)		17:30
17:30	BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)		CICLO VIRTUAL (45 ') (SC)		17:30
17:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				17:30
17:45	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		17:45
18:00		PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)			18:00
18:15	YOGA (45 ') (S1)		YOGA (45 ') (S1)		ZUMBA (45 ') (S2)		18:15
18:30	GAP (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	GAP (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		18:30
18:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		18:30
18:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)				18:30
18:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)				18:30
18:45		GAP (45 ') (S1)		GAP (45 ') (S1)			18:45
19:00		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)			19:00
19:15	BODY COMBAT (45 ') (S1)	WALKING VIRTUAL (30 ') (ZIW)	BODY COMBAT (45 ') (S1)	WALKING VIRTUAL (30 ') (ZIW)	BODY PUMP (45 ') (S2)		19:15
19:15	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		19:15
19:30	ZUMBA (45 ') (S2)	BODY PUMP (45 ') (S2)	ZUMBA (45 ') (S2)	BODY PUMP (45 ') (S2)			19:30
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)			19:30
19:45		BODY BALANCE (45 ') (S1)		BODY BALANCE (45 ') (S1)			19:45
20:00	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)	AQUADYNAMIC (45 ') (P)		20:00
20:00	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO (45 ') (SC)		20:00
20:00					WALKING VIRTUAL (30 ') (ZIW)		20:00
20:30	BODY PUMP (45 ') (S2)	AQUAPAIDE (45 ') (P)	BODY PUMP (45 ') (S2)	AQUAPAIDE (45 ') (P)			20:30
20:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)			20:30
20:45	CNPAIDE (30 ') (P)	WALKING VIRTUAL (30 ') (ZIW)	CNPAIDE (30 ') (P)	WALKING VIRTUAL (30 ') (ZIW)	CNPAIDE (30 ') (P)		20:45
20:45	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		ABDOMINALES (15 ') (S2)		20:45
20:45					WALKING VIRTUAL (30 ') (ZIW)		20:45
21:15	ABDOMINALES (15 ') (ZEF)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (ZEF)	ABDOMINALES (15 ') (S1)			21:15

LEYENDA SALAS

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

TIPO ACTIVIDAD

ACUÁTICAS	20:00
BAILE	20:00
CARDIO	20:30
CARDIO-TONO	20:30
CUERPO-MENTE	20:45
TONO	20:45
VIRTUALES	20:45