

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

MEDIODÍA (de 12h a 17h)

12:00	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	12:00
12:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					12:00
12:30					CICLO VIRTUAL (45 ') (SC)			12:30
13:00						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:00
13:30		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)				14:00
14:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			14:30
15:00					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)			15:30
16:00	INICIACIÓN (30 ') (P)	CNPAIDE (30 ') (P)	INICIACIÓN (30 ') (P)	CNPAIDE (30 ') (P)	INICIACIÓN (30 ') (P)			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)		CICLO VIRTUAL (45 ') (SC)			16:30

TARDE (de 17h al cierre)

17:30	PILATES (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	PILATES (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			17:30
17:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					17:30
18:30	BOOST (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	BOOST (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			18:30
18:30	CICLO VIRTUAL (45 ') (SC)	PAIDE TOTAL (45 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)	PAIDE TOTAL (45 ') (ZEF)				18:30
19:00					BODY PUMP (45 ') (S2)			19:00
19:30	GLUTEBOOM (45 ') (S2)	BODY PUMP (45 ') (S2)	GLUTEBOOM (45 ') (S2)	BODY PUMP (45 ') (S2)				19:30
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)				19:30
20:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)			20:00
20:00					CICLO (45 ') (SC)			20:00
20:30	BODY PUMP (45 ') (S2)	BODY BALANCE (45 ') (S2)	BODY PUMP (45 ') (S2)	BODY BALANCE (45 ') (S2)				20:30
20:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)				20:30
20:45	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)				20:45

LEYENDA SALAS

P: PISCINA
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
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TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES