

Hora de Inicio



ASTUR

DEL 1 SEPTIEMBRE 2021 AL 30 SEPTIEMBRE 2021

Hora de Inicio

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	
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)			8:45
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)	ZUMBA (45 ') (S2)			9:30
9:30	ZUMBA (45 ') (S2)	GAP (45 ') (S2)	ZUMBA (45 ') (S2)	GAP (45 ') (S2)	WALKING VIRTUAL (30 ') (ZIW)			9:30
9:30	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)				9:30
9:30		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)				9:30
9:45					AQUADYNAMIC (45 ') (P)			9:45
10:00	CICLO VIRTUAL (45 ') (SC)		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)	YOGA (45 ') (S1)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	10:15
10:15	YOGA (45 ') (S1)	WALKING VIRTUAL (30 ') (ZIW)	YOGA (45 ') (S1)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			10:15
10:15	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)					10:15
10:30	BODY PUMP (45 ') (S2)	PAIDE TOTAL (45 ') (S1)	BODY PUMP (45 ') (S2)	PAIDE TOTAL (45 ') (S1)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	10:30
10:30	PAIDE CROSS (30 ') (ZEF)	BODY BALANCE (45 ') (S2)	PAIDE CROSS (30 ') (ZEF)	BODY BALANCE (45 ') (S2)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
10:45		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)				10:45
11:00	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)	11:00
11:00	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)			WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	11:00
11:15	PILATES (45 ') (S1)	CICLO (45 ') (SC)	PILATES (45 ') (S1)	CICLO (45 ') (SC)				11:15
11:30	BODY COMBAT (45 ') (S2)		BODY COMBAT (45 ') (S2)		CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	BODY PUMP (45 ') (S2)	11:30
11:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	11:30
11:45	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	MÁSTER NATACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	11:45
11:45						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
12:00	CICLO VIRTUAL (45 ') (SC)	ABDOMINALES (15 ') (S2)	CICLO VIRTUAL (45 ') (SC)	ABDOMINALES (15 ') (S2)				12:00
12:15					ABDOMINALES (15 ') (S2)			12:15
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)	CICLO (45 ') (SC)	12:30
12:30		WALKING VIRTUAL (30 ') (ZIW)		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)	WALKING VIRTUAL (30 ') (ZIW)	13:15
13:30		CICLO VIRTUAL (45 ') (SC)		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)	CICLO VIRTUAL (45 ') (SC)		14:30
14:45	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	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)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	15:30
15:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	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)			17:00
17:15	BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)					17:15
17:30	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	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					ZUMBA (45 ') (S2)			18:00
18:15	GAP (45 ') (S2)		GAP (45 ') (S2)					18:15
18:30	YOGA (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	YOGA (45 ') (S1)	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		PAIDE TOTAL (45 ') (S1)		PAIDE TOTAL (45 ') (S1)				18:45
19:00		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)	BODY PUMP (45 ') (S2)			19:00
19:15	BODY COMBAT (45 ') (S2)	WALKING VIRTUAL (30 ') (ZIW)	BODY COMBAT (45 ') (S2)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			19:15
19:15	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)					19:15
19:30	ZUMBA (45 ') (S1)	BODY PUMP (45 ') (S2)	ZUMBA (45 ') (S1)	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 ') (S1)	ABDOMINALES (15 ') (S2)	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
 BAILE
 CARDIO
 CARDIO-TONO
 CUERPO-MENTE
 TONO
 VIRTUALES