

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	17:30
S2: SALA 2	18:30
SC: SALA CICLO	18:30
ZEF: ZONA E. FUNCIONAL	19:00
:	19:30
:	20:00
:	20:00
:	20:30
:	20:30
:	20:45
TIPO ACTIVIDAD	
ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	