

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)			8:45
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)		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)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	10:15
10:15	YOGA (45 ') (S1)	PAIDE TOTAL (45 ') (S1)	YOGA (45 ') (S1)	PAIDE TOTAL (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 BALANCE (45 ') (S2)	BODY PUMP (45 ') (S2)	BODY BALANCE (45 ') (S2)	BODY PUMP (45 ') (S2)	INICIACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	10:30
10:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)			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)		PILATES (45 ') (S1)					11:15
11:30	BODY COMBAT (45 ') (S2)	CICLO (45 ') (SC)	BODY COMBAT (45 ') (S2)	CICLO (45 ') (SC)	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	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			12:00
12:15		ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)	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)		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)		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	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	