ASTUR

DEL 1 JUNIO 2025 AL 30 JUNIO 2025

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	Hora de Inicio
MAÑANA (de 9h a 12h)								
7:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			7:30
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)	BODY BALANCE (45 ') (S1)	ZUMBA (45 ') (S2)	BODY BALANCE (45 ') (S1)	YOGA (45 ') (S1)			9:30
9:30		GLUTEBOOM (45 ') (S2)		GLUTEBOOM (45 ') (S2)	BUNDA FIT (45 ') (S2)			9:30
9:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			9:30
9:45	YOGA (45 ') (S1)		YOGA (45 ') (S1)					9:45
10:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)	10:00
10:00						CICLO (45 ') (SC)	CICLO (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	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	PILATES (45 ') (S1)			10:30
10:30	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)			10:30
10:30					CICLO VIRTUAL (45 ') (SC)			10:30
10:45		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)				10:45
11:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			BODY PUMP (45 ') (S2)	BODY PUMP (45 ') (S2)	11:00
11:00						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	11:00
11:30	INICIACIÓN (30 ') (P)	ESTIRAMIENTOS (30 ') (S2)	INICIACIÓN (30 ') (P)	ESTIRAMIENTOS (30 ') (S2)	INICIACIÓN (30 ') (P)			11:30
11:30	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)			11:30
11:30	BOOST (45 ') (S2)	PAIDE TOTAL (45 ') (ZEF)	BOOST (45 ') (S2)	PAIDE TOTAL (45 ') (ZEF)				11:30
MEDIODÍA (de 12h a 17h)								
12:00	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
12:15		AQUAPAIDE (45 ') (P)		AQUAPAIDE (45 ') (P)				12:15
12:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)		CICLO VIRTUAL (45 ') (SC)			12:30
12:45	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)					12:45
13:00						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:00
13:30		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		BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)		CICLO VIRTUAL (45 ') (SC)		14:00
14:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				14:30
14:45	ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)					14:45
15:00	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)			CICLO VIRTUAL (45 ') (SC)		15:00
15:30	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)	CICLO VIRTUAL (45 ') (SC)		16:00
16:00					CICLO VIRTUAL (45 ') (SC)			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 (45 ') (SC)		CICLO (45 ') (SC)					16:30
TARDE (de 17h al cierre)								
17:00					CICLO VIRTUAL (45 ') (SC)			17:00
17:30	PILATES (45 ') (S1)	CICLO (45 ') (SC)	PILATES (45 ') (S1)	CICLO (45 ') (SC)				17:30
17:30	BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)					17:30
17:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					17:30
17:45	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)					17:45
18:00		GLUTEBOOM (45 ') (S2)		GLUTEBOOM (45 ') (S2)	GLUTEBOOM (45 ') (S2)			18:00
18:00		PAIDE TOTAL (45 ') (ZEF)		PAIDE TOTAL (45 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)			18:00
18:15			JIU-JITSU (60 ') (ZEF)		JIU-JITSU (60 ') (ZEF)			18:15
18:30	YOGA (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	YOGA (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)				18:30
18:30	BOOST (45 ') (S2)		BOOST (45 ') (S2)					18:30
18:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					18:30
18:45		PILATES (45 ') (S1)		PILATES (45 ') (S1)				18:45
19:00		BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)	BODY PUMP (45 ') (S2)			19:00
19:00					CICLO VIRTUAL (45 ') (SC)			19:00
19:30	BUNDA FIT (45 ') (S2)	CICLO (45 ') (SC)	BUNDA FIT (45 ') (S2)	CICLO (45 ') (SC)				19:30
19:30	CICLO (45 ') (SC)		CICLO (45 ') (SC)					19:30
19:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)					19:30
19:45		PILATES (45 ') (S1)		PILATES (45 ') (S1)				19:45
20:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	CICLO (45 ') (SC)			20:00
20:00		BODY COMBAT (45 ') (S2)		BODY COMBAT (45 ') (S2)				20:00
20:15					AQUADYNAMIC (45 ') (P)			20:15
20:30	BODY PUMP (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)				20:30
20:30	CICLO VIRTUAL (45 ') (SC)	MMA (60 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)	MMA (60 ') (ZEF)				20:30
20:45	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)				20:45
21:00					CNPAIDE (30 ') (P)			21:00

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
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TIPO ACTIVIDAD

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CARDIO-TONO
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(!!): Actividad fuera de cuota