

MAÑANA (de 9h a 12h)								
9:00		YOGA (55') (S4)		YOGA (55') (S4)			9:00	
9:30	CNPAIDE (30') (P)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	9:30
9:30	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	BODY PUMP (55') (S3)			9:30
9:30					CICLO VIRTUAL (45') (SC)			9:30
9:45		GRIT ATHLETIC (30') (S3)						9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	RECUP. ESPALDA (30') (P)	PILATES (55') (S4)	AQUADYNAMIC (45') (P)	BODY PUMP (55') (S3)	AQUAPAIDE (45') (P)	10:00
10:15				AQUAPAIDE (45') (P)				10:15
10:30	ZUMBA (55') (S3)	CICLO (45') (SC)	BODY PUMP (55') (S3)	BODY COMBAT (55') (S3)	BODY BALANCE (55') (S4)	CICLO (45') (SC)	PILATES (60') (S4)	10:30
10:30	PILATES (55') (S4)	PAIDE FUNCIONAL (55') (ZEF)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)		CICLO (45') (SC)	10:30
10:30	CICLO VIRTUAL (45') (SC)							10:30
10:30	PAIDE FUNCIONAL (55') (ZEF)							10:30
10:45	RECUP. ESPALDA (30') (P)		AQUADYNAMIC (45') (P)				CNPAIDE (30') (P)	10:45
11:00		CNPAIDE (30') (P)		CNPAIDE (30') (P)		AQUADYNAMIC (45') (P)		11:00
11:00						ZUMBA (55') (S3)		11:00
11:15					RECUP. ESPALDA (30') (P)			11:15
11:30	BODY PUMP (55') (S3)	ZUMBA (55') (S3)	RECUP. ESPALDA (30') (P)	ZUMBA (55') (S3)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	BODY COMBAT (55') (S3)	11:30
11:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	XCORE (45') (S3)	CICLO VIRTUAL (45') (SC)			CICLO (45') (SC)	11:30
11:30			CICLO VIRTUAL (45') (SC)	PAIDE FUNCIONAL (55') (ZEF)				11:30
11:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (45') (P)	11:45
MEDIODÍA (de 12h a 17h)								
12:00						PAIDE FUNCIONAL (55') (ZEF)		12:00
12:15			AQUAPAIDE (45') (P)					12:15
12:30	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	ENTRENO GUIADO (45') (S4)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (55') (S3)	12:30
12:30	CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)	12:30
12:45		RECUP. ESPALDA (30') (P)				AQUAPAIDE (45') (P)		12:45
13:30	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)	13:30
14:30	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (60') (P)	INTERVAL ACUÁTICO (55') (P)	ENTRENAMIENTO (60') (P)	AQUADYNAMIC (45') (P)			14:30
14:30	CICLO (45') (SC)	BODY PUMP (55') (S3)	CICLO (45') (SC)	BODY PUMP (55') (S3)	CICLO (45') (SC)			14:30
14:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				14:30
15:15	CNPAIDE (30') (P)				CNPAIDE (30') (P)			15:15
15:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			15:30
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)		16:30
TARDE (de 17h al cierre)								
17:00				ENTRENO GUIADO (45') (S4)				17:00
17:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			17:30
18:00	AQUADYNAMIC (45') (P)	RECUP. ESPALDA (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	ENTRENAMIENTO (60') (P)			18:00
18:00	PAIDE FUNCIONAL (55') (ZEF)	GRIT STRENGTH (30') (S3)	ZUMBA (55') (S3)	BODY PUMP (55') (S3)				18:00
18:00		PILATES (55') (S4)		PILATES (55') (S4)				18:00
18:00				PAIDE FUNCIONAL (55') (ZEF)				18:00
18:30	CICLO (45') (SC)	AQUAPAIDE (45') (P)		CICLO VIRTUAL (45') (SC)				18:30
18:30		ZUMBA (55') (S3)						18:30
18:30		CICLO (45') (SC)						18:30
18:45	CNPAIDE (30') (P)		CNPAIDE (30') (P)					18:45
19:00	XCORE (45') (S3)	BODY BALANCE (55') (S4)	XCORE (45') (S3)	AQUAPAIDE (45') (P)	ZUMBA (55') (S3)			19:00
19:00	PILATES (55') (S4)		PILATES (55') (S4)	GRIT CARDIO 3 (30') (S3)	CICLO (45') (SC)			19:00
19:00			CICLO (45') (SC)	BODY BALANCE (55') (S4)				19:00
19:15					AQUADYNAMIC (45') (P)			19:15
19:30	CICLO (45') (SC)	BODY PUMP (55') (S3)		BODY COMBAT (55') (S3)				19:30
19:30		CICLO (45') (SC)		CICLO (45') (SC)				19:30
19:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)					19:45
20:00	BODY PUMP (55') (S3)	PAIDE FUNCIONAL (55') (ZEF)	GRIT ATHLETIC (30') (S3)	RECUP. ESPALDA (30') (P)	BODY PUMP (55') (S3)			20:00
20:00	BODY BALANCE (55') (S4)		CICLO (45') (SC)		CICLO VIRTUAL (45') (SC)			20:00
20:15					RECUP. ESPALDA (30') (P)			20:15
20:30	RECUP. ESPALDA (30') (P)	BODY COMBAT (55') (S3)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)				20:30
20:30	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (55') (S3)	ZUMBA (55') (S3)				20:30
20:30				CICLO (45') (SC)				20:30
21:00	ENTRENAMIENTO (60') (P)	CNPAIDE (30') (P)	ENTRENAMIENTO (60') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)			21:00
21:00	ZUMBA (55') (S3)		YOGA (55') (S4)		CICLO VIRTUAL (45') (SC)			21:00
21:00	YOGA (55') (S4)		CICLO VIRTUAL (45') (SC)					21:00
21:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				21:30

LEYENDA SALAS

P: PISCINA
 S3: SALA 3
 S4: SALA 4
 SC: SALA CICLO
 ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS	20:15
BAILE	20:30
CARDIO	20:30
CARDIO-TONO	20:30
CUERPO-MENTE	21:00
TONO	21:00
VIRTUALES	21:00