

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	XCORE (45') (S3)	CICLO VIRTUAL (45') (SC)	ENTRENO GUIADO 3 (45') (S3)	CICLO (45') (SC)	BODY PUMP (55') (S3)				9:30
9:30	CICLO (45') (SC)		CICLO (45') (SC)		CICLO VIRTUAL (45') (SC)				9:30
9:45		GRIT ATHLETIC (30') (S3)		GRIT STRENGTH (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)			10:00
10:15				AQUAPAIDE (45') (P)					10:15
10:30	ZUMBA (55') (S3)	BODY COMBAT (55') (S3)	BODY PUMP (55') (S3)	BODY COMBAT (55') (S3)	BODY BALANCE (55') (S4)	CICLO (45') (SC)	CICLO (45') (SC)		10:30
10:30	PILATES (55') (S4)	CICLO (45') (SC)	GRIT CARDIO 4 (30') (S4)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)				10:30
10:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						10:30
10:45	RECUP. ESPALDA (30') (P)		AQUADYNAMIC (45') (P)						10:45
11:00		CNPAIDE (30') (P)	ABDOMINALES (15') (S4)	CNPAIDE (30') (P)		AQUADYNAMIC (45') (P)	ZUMBA (55') (S3)	PILATES (55') (S4)	11:00
11:00				PAIDE FUNCIONAL 4 (55') (S4)					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)	GRIT ATHLETIC (30') (S3)	PAIDE FUNCIONAL 4 (55') (S4)	BODY COMBAT (55') (S3)		11:30
11:30	PAIDE FUNCIONAL 4 (55') (S4)	CICLO VIRTUAL (45') (SC)	XCORE (45') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)		11:30
11:30	CICLO VIRTUAL (45') (SC)		BODY BALANCE (55') (S4)						11:30
11:30			CICLO VIRTUAL (45') (SC)						11:30
11:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)		11:45

MEDIODÍA (de 12h a 17h)

12:00		PAIDE FUNCIONAL 4 (55') (S4)		ENTRENO GUIADO (45') (S4)	ABDOMINALES (15') (S3)				12:00
12:15			AQUAPAIDE (45') (P)						12:15
12:30	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)	GRIT ATHLETIC (30') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (55') (S4)	BODY PUMP (55') (S3)		12:30
12:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)	PILATES (55') (S4)		12:30
12:30							CICLO VIRTUAL (45') (SC)		12:30
12:45		RECUP. ESPALDA (30') (P)				AQUAPAIDE (45') (P)	AQUADYNAMIC (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	GRIT ATHLETIC (30') (S3)	BODY PUMP (55') (S3)	GRIT STRENGTH (30') (S3)	BODY PUMP (55') (S3)	CICLO (45') (SC)				14:30
14:30	CICLO (45') (SC)	PILATES (55') (S4)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					14:30
14:30		CICLO VIRTUAL (45') (SC)							14:30
15:00	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)						15:00
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)	BODY PUMP (55') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)			16:30
16:30			CICLO VIRTUAL (45') (SC)						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 (45') (P)				18:00
18:00	BODY COMBAT (55') (S3)	GRIT STRENGTH (30') (S3)	ZUMBA (55') (S3)	BODY PUMP (55') (S3)	ZUMBA (55') (S3)				18:00
18:00	PAIDE FUNCIONAL (55') (ZEF)	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)	XCORE (45') (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 4 (55') (S4)	GRIT ATHLETIC (30') (S3)	RECUP. ESPALDA (30') (P)	BODY PUMP (55') (S3)				20:00
20:00	BODY BALANCE (55') (S4)		BODY BALANCE (55') (S4)	PAIDE FUNCIONAL 4 (55') (S4)	CICLO VIRTUAL (45') (SC)				20:00
20:00			CICLO (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 (45') (SC)	BODY PUMP (55') (S3)	ZUMBA (55') (S3)					20:30
20:30		TRIATLÓN (90') (SO)		CICLO (45') (SC)					20:30
20:30				TRIATLÓN (90') (SO)					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)	PILATES (55') (S4)	YOGA (55') (S4)	ENTRENO GUIADO (45') (S4)	CICLO VIRTUAL (45') (SC)				21:00
21:00	YOGA (55') (S4)		CICLO VIRTUAL (45') (SC)						21:00
21:00	RUNNING (90') (SO)								21:00
21:30	CICLO VIRTUAL (45') (SC)	GRIT ATHLETIC (30') (S3)		GRIT STRENGTH (30') (S3)					21:30
21:30		CICLO VIRTUAL (45') (SC)							21:30

LEYENDA SALAS

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

TIPO ACTIVIDAD

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