

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)	ENTRENO GUIADO (45') (S4)	CICLO (45') (SC)	BODY PUMP (55') (S3)			9:30
9:30			CICLO (45') (SC)		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)	GRIT STRENGTH (30') (S3)	AQUADYNAMIC (45') (P)	BODY PUMP (55') (S3)		10:00
10:00	GRIT STRENGTH (30') (S3)			PILATES (55') (S4)				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)	PILATES (55') (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)		CNPAIDE (30') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	11:00
11:00				PAIDE FUNCIONAL 4 (55') (S4)		ZUMBA (55') (S3)	PILATES (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)	PAIDE FUNCIONAL 4 (55') (S4)	PAIDE FUNCIONAL 4 (55') (S4)	BODY COMBAT (55') (S3)	11:30
11:30	PAIDE FUNCIONAL 4 (55') (S4)	PAIDE FUNCIONAL 4 (55') (S4)	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)	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				ENTRENO GUIADO (45') (S4)				12:00
12:15			AQUAPAIDE (45') (P)					12:15
12:30	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	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)	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 (60') (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)	PAIDE FUNCIONAL (55') (ZEF)	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				CICLO (45') (SC)				20:30
20:45		TRIATLÓN (90') (SO)		TRIATLÓN (90') (SO)				20:45
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
21:00	PAIDE FUNCIONAL (55') (ZEF)							21:00
21:30	CICLO VIRTUAL (45') (SC)	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	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	