

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	FUNCIONAL SENIOR (45') (S3)	CICLO VIRTUAL (45') (SC)	ENTRENO GUIADO (45') (S4)	CICLO (45') (SC)	BODY PUMP (55') (S3)			9:30
9:30	CICLO (45') (SC)		CICLO (45') (SC)		CICLO VIRTUAL (45') (SC)			9:30
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)	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								11:15
11:30	BODY PUMP (55') (S3)	ZUMBA (55') (S3)	RECUP. ESPALDA (30') (P)	CICLO VIRTUAL (45') (SC)	RECUP. ESPALDA (30') (P)	PAIDE FUNCIONAL 4 (55') (S4)	PAIDE FUNCIONAL 4 (55') (S4)	11:30
11:30	PAIDE FUNCIONAL 4 (55') (S4)	PAIDE FUNCIONAL 4 (55') (S4)	XCORE (45') (S3)		CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	BODY COMBAT (55') (S3)	11:30
11:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (55') (S4)				CICLO (45') (SC)	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
11:45				ZUMBA (55') (S3)				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)	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)	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)	PAIDE FUNCIONAL 3 (45') (S3)	BODY PUMP (55') (S3)	CICLO (45') (SC)				14:30
14:30		PILATES (55') (S4)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					14:30
14:30		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)	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)	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)	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)			19:00
19:30	CICLO (45') (SC)	BODY PUMP (55') (S3)		BODY COMBAT (55') (S3)				19:15
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	