

Hora de Inicio			BASSA				DEL 1 JULIO 2021 AL 31 JULIO 2021		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO		

MAÑANA (de 9h a 12h)									
7:45	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	YOGA 1 (45') (S1)	CICLO (45') (SC)				7:45
7:45		CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)					7:45
9:00					CICLO VIRTUAL (45') (SC)				9:00
9:15	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY COMBAT 1 (45') (S1)	CICLO (45') (SC)	BODY BALANCE (45') (S2)				9:15
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						9:15
9:30		ZUMBA (45') (S1)							9:30
10:00			BODY BALANCE (45') (S2)		BODY PUMP (45') (S1)				10:00
10:15	AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		10:15
10:15	CICLO VIRTUAL (45') (SC)	PAIDE TOTAL (45') (S2)		CICLO VIRTUAL (45') (SC)					10:15
10:15		CICLO VIRTUAL (45') (SC)							10:15
11:00			AQUADYNAMIC (45') (P)						11:00
11:15	CICLO VIRTUAL (45') (SC)	YOGA (45') (S2)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)		11:15
11:15		CICLO VIRTUAL (45') (SC)				CICLO VIRTUAL (45') (SC)			11:15

MEDIODÍA (de 12h a 17h)									
12:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)		12:15
12:15						CICLO VIRTUAL (45') (SC)			12:15
13:15	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		13:15
13:15		CICLO VIRTUAL (45') (SC)							13:15
14:00	BODY PUMP (45') (S1)								14:00
14:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				14:15
15:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				15:15
15:30				ZUMBA (45') (S1)					15:30
16:00					BODY PUMP (45') (S1)				16:00
16:15	PAIDE TOTAL (45') (S2)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						16:15
16:45		BODY COMBAT 1 (45') (S1)							16:45

TARDE (de 17h al cierre)									
17:00	CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				17:00
17:15	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						17:15
18:00	CICLO (45') (SC)	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S1)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				18:00
18:15	ZUMBA (45') (S1)		CICLO VIRTUAL (45') (SC)	BODY BALANCE (45') (S1)	BODY COMBAT 1 (45') (S1)				18:15
19:00	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	CICLO (45') (SC)				19:00
19:00	CICLO VIRTUAL (45') (SC)		YOGA (45') (S2)						19:00
19:15	BODY COMBAT 2 (45') (S2)	BODY BALANCE (45') (S2)	AQUADYNAMIC (45') (P)	PAIDE TOTAL (45') (S2)	ZUMBA (45') (S1)				19:15
19:15			CICLO VIRTUAL (45') (SC)						19:15
20:00	BODY BALANCE (45') (S1)	BODY PUMP (45') (S1)	BODY COMBAT 2 (45') (S2)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)				20:00
20:00	CICLO (45') (SC)								20:00
20:15		CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					20:15
20:45			ZUMBA (45') (S1)						20:45
21:00	CICLO VIRTUAL (45') (SC)				CICLO VIRTUAL (45') (SC)				21:00
21:15		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					21:15

LEYENDA SALAS	
P:	PISCINA
S1:	SALA 1
S2:	SALA 2
SC:	SALA CICLO
ZEF:	ZONA E. FUNCIONAL
:	
TIPO ACTIVIDAD	
	ACUÁTICAS
	BAILE
	CARDIO
	CARDIO-TONO
	CUERPO-MENTE
	TONO
	VIRTUALES

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(!!): Actividad fuera de cuota