

MAÑANA (de 9h a 12h)								
7:45	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	BODY BALANCE (45 ') (S1)	CICLO (45 ') (SC)			7:45
7:45		CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)	PAIDE TOTAL (45 ') (S2)				7:45
7:45				CICLO VIRTUAL (45 ') (SC)				7:45
8:30	ABDOMINALES (15 ') (S2)				ABDOMINALES (15 ') (S2)			8:30
9:15	AQUADYNAMIC. (45 ') (P)	CICLO (45 ') (SC)	AQUADYNAMIC. (45 ') (P)	CICLO (45 ') (SC)	ZUMBA (55 ') (S1)			9:15
9:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		BODY BALANCE (45 ') (S2)			9:15
9:15					CICLO VIRTUAL (45 ') (SC)			9:15
9:30	BODY PUMP (45 ') (S1)	ZUMBA (55 ') (S1)	BODY COMBAT 1 (45 ') (S1)					9:30
9:30	YOGA (55 ') (S2)							9:30
10:00	RECUP. ESPALDA (30 ') (P)			PAIDE CROSS (30 ') (ZEF)				10:00
10:15	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC. (45 ') (P)	BODY BALANCE (45 ') (S1)	AQUADYNAMIC. (45 ') (P)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	10:15
10:15		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	YOGA (55 ') (S2)	CICLO VIRTUAL (45 ') (SC)			10:15
10:15				CICLO VIRTUAL (45 ') (SC)				10:15
10:30		PAIDE TOTAL (45 ') (S2)						10:30
11:00		RECUP. ESPALDA (45 ') (P)		RECUP. ESPALDA (30 ') (P)				11:00
11:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	11:15
11:15			CICLO VIRTUAL (45 ') (SC)		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 (45 ') (SC)	BODY COMBAT 2 (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:15
13:15		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				13:15
14:00	BODY PUMP (45 ') (S1)		ZUMBA (55 ') (S2)					14:00
14:15	CICLO VIRTUAL (45 ') (SC)	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	BODY BALANCE (45 ') (S2)			ZUMBA (55 ') (S1)				15:30
16:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)		BODY PUMP (45 ') (S1)			16:15
16:15			CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			16:15
16:30	BODY PUMP (45 ') (S1)			CICLO (45 ') (SC)				16:30
16:45		BODY COMBAT 2 (45 ') (S2)						16:45

TARDE (de 17h al cierre)								
17:00			RECUP. ESPALDA (30 ') (P)					17:00
17:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)			17:15
18:00	ZUMBA (55 ') (S1)	BODY PUMP (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S1)	BODY BALANCE (45 ') (S1)	YOGA (55 ') (S2)			18:00
18:00	PAIDE CROSS (30 ') (ZEF)			PAIDE TOTAL (45 ') (S2)				18:00
18:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (30 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (30 ') (SC)	BODY COMBAT 1 (45 ') (S1)			18:15
18:15					CICLO VIRTUAL (45 ') (SC)			18:15
18:30	PAIDE TOTAL (45 ') (S2)							18:30
18:45				ABDOMINALES (15 ') (S2)				18:45
19:00		ABDOMINALES (15 ') (S2)	YOGA (55 ') (S2)	ZUMBA (55 ') (S1)				19:00
19:15	AQUADYNAMIC (45 ') (P)	BODY BALANCE (45 ') (S1)	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			19:15
19:15	CICLO (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)					19:15
19:15			CICLO VIRTUAL (45 ') (SC)					19:15
19:30	BODY COMBAT 1 (45 ') (S1)	CNPAIDE (45 ') (P)		CNPAIDE (45 ') (P)				19:30
19:30		PAIDE TOTAL (45 ') (S2)						19:30
20:00	ENTRENAMIENTO (45 ') (P)		ENTRENAMIENTO (45 ') (P)					20:00
20:00			BODY COMBAT 2 (45 ') (S2)					20:00
20:15	BODY PUMP (45 ') (S1)	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)			20:15
20:15	BODY BALANCE (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)		BODY PUMP (45 ') (S1)				20:15
20:15				CICLO VIRTUAL (45 ') (SC)				20:15
20:30		BODY PUMP (45 ') (S1)						20:30
20:30		YOGA (55 ') (S2)						20:30
20:45			ZUMBA (55 ') (S1)					20:45
21:15	CICLO VIRTUAL (30 ') (SC)	CICLO VIRTUAL (30 ') (SC)	CICLO VIRTUAL (30 ') (SC)	CICLO VIRTUAL (30 ') (SC)				21:15

**LEYENDA SALAS**

P: PISCINA

S1: SALA 1

S2: SALA 2

SC: SALA CICLO

ZEF: ZONA E. FUNCIONAL

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**TIPO ACTIVIDAD**

ACUÁTICAS	20:00
BAILE	20:15
CARDIO	20:15
CARDIO-TONO	20:15
CUERPO-MENTE	20:30
TONO	20:30
VIRTUALES	20:45