

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)	CICLO VIRTUAL (45 ') (SC)			7:45
7:45								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
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 (30 ') (P)		RECUP. ESPALDA (30 ') (P)				11:00
11:15	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC. (45 ') (P)	BODY PUMP (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	11:15
11:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		11:15
11:30	YOGA (55 ') (S2)							11:30

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)	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	GAP 1 (45 ') (S1)		BODY PUMP (45 ') (S1)	ZUMBA (55 ') (S1)				15:30
16:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		BODY PUMP (45 ') (S1)			16:15
16:15					CICLO VIRTUAL (45 ') (SC)			16:15
16:30	BODY PUMP (45 ') (S1)		AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)				16:30
16:45		BODY COMBAT 2 (45 ') (S2)						16:45

TARDE (de 17h al cierre)

17:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CICLO (45 ') (SC)			17:15
17:30				CICLO VIRTUAL (30 ') (SC)				17:30
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)	GAP 1 (45 ') (S1)				19:00
19:00				ZUMBA (55 ') (S2)				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
20:00	CNPAIDE (45 ') (P)			CNPAIDE (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)	YOGA (55 ') (S2)		BODY PUMP (45 ') (S1)				20:15
20:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				20:15
20:30		BODY PUMP (45 ') (S1)						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)	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	