

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				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)	10:15
10:15		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	YOGA 1 (55 ') (S1)	CICLO VIRTUAL (45 ') (SC)		10:15
10:15				CICLO VIRTUAL (45 ') (SC)			10:15
10:30		PAIDE TOTAL (45 ') (S2)					10:30
11:00		CNPAIDE (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)	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)	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)	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 ') (S1)		ZUMBA (55 ') (S1)				15:30
16:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S1)		16:15
16:15			CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		16:15
16:30	BODY PUMP (45 ') (S1)			PAIDE FUNCIONAL (45 ') (S1)			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 1 (55 ') (S1)		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 2 (45 ') (S2)		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)				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 (45 ') (SC)			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

TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	