

Hora de Inicio			BONAIRE					DEL 1 SEPTIEMBRE 2023 AL 30 SEPTIEMBRE 2023		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			

MAÑANA (de 9h a 12h)										
8:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					8:30
9:30	AQUADYNAMIC (45 ') (P)	GAP (45 ') (S3)	AQUADYNAMIC (45 ') (P)	PAIDE CROSS (45 ') (ZEF)	PAIDE DANCE (45 ') (S3)					9:30
9:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)							9:30
9:45	BODY COMBAT 3 (45 ') (S3)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	CICLO (45 ') (SC)					9:45
10:30	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S3)	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S3)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	CICLO (45 ') (SC)			10:30
10:45	BODY PUMP (45 ') (S3)				AQUAPAIDE (45 ') (P)					10:45
11:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					11:00
11:30						BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)			11:30
11:30						CICLO VIRTUAL (45 ') (SC)				11:30

MEDIODÍA (de 12h a 17h)										
12:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					12:00
12:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			12:30
13:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					13:15
13:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			13:30
13:45		PAIDE FUNCIONAL (45 ') (S3)		PAIDE FUNCIONAL (45 ') (S3)						13:45
14:15	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)							14:15
14:30	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)	PILATES (45 ') (S3)	BODY BALANCE (45 ') (S3)					14:30
14:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)					14:30
14:30		PAIDE CROSS (45 ') (ZEF)		PAIDE CROSS (45 ') (ZEF)						14:30
16:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					16:00

TARDE (de 17h al cierre)										
17:00	BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					17:00
17:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)							17:00
18:00	PILATES (45 ') (S2)	GAP (45 ') (S3)	PILATES (45 ') (S2)	BODY BALANCE (45 ') (S2)	ZUMBA (45 ') (S3)					18:00
18:00	ZUMBA (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S3)	BODY PUMP (45 ') (S3)						18:00
18:00				CICLO VIRTUAL (45 ') (SC)						18:00
18:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)					18:15
19:00	YOGA (60 ') (S2)	PILATES (45 ') (S2)	YOGA (60 ') (S2)	PAIDE DANCE (45 ') (S3)	BODY PUMP (45 ') (S3)					19:00
19:00	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	GAP (45 ') (S3)	CICLO (45 ') (SC)						19:00
19:00		CICLO (45 ') (SC)		PAIDE CROSS (30 ') (ZEF)						19:00
19:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					19:15
19:30	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)					19:30
20:00	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)						20:00
20:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)						20:00
20:15	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)		CICLO VIRTUAL (45 ') (SC)					20:15
20:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)							20:15
21:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						21:00

**LEYENDA SALAS**

P: PISCINA  
S2: SALA 2  
S3: SALA 3  
SC: SALA CICLO  
ZEF: ZONA E. FUNCIONAL

**TIPO ACTIVIDAD**

ACUÁTICAS  
BAILE  
CARDIO  
CARDIO-TONO  
CUERPO-MENTE  
TONO  
VIRTUALES