


Hora de Inicio	 BONAIRE							DEL 1 NOVIEMBRE 2023 AL 30 NOVIEMBRE 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	RUNNING (60 ') (SO)	CICLO (45 ') (SC)	RUNNING (60 ') (SO)	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	
SO: SALA OUTDOOR	
ZEF: ZONA E. FUNCIONAL	
TIPO ACTIVIDAD	
ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	

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(!!): Actividad fuera de cuota