

MAÑANA (de 9h a 12h)								
9:15	ENTRENAMIENTO (45 ') (P)		ENTRENAMIENTO (45 ') (P)		ENTRENAMIENTO (45 ') (P)			9:15
9:15					CICLO VIRTUAL (45 ') (SC)			9:15
9:30	WALKING VIRTUAL (30 ') (ZIW)	RECUP. ESPALDA (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	RECUP. ESPALDA (30 ') (P)	WALKING VIRTUAL (30 ') (ZIW)			9:30
9:30		CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)				9:30
9:30		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)				9:30
9:45	ABDOMINALES (15 ') (S2)							9:45
10:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	GAP 1 (45 ') (S1)			10:00
10:00	CICLO (45 ') (SC)	GAP 1 (45 ') (S1)	ABDOMINALES (15 ') (S2)	PAIDE FUNCIONAL (45 ') (S2)				10:00
10:15	BODY PUMP (45 ') (S1)	BODY COMBAT 2 (45 ') (S2)	PILATES (45 ') (S1)	PILATES (45 ') (S1)	CICLO (45 ') (SC)			10:15
10:15			PAIDE CROSS (30 ') (ZEF)					10:15
10:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	RECUP. ESPALDA (30 ') (P)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
10:30			WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	10:30
10:45					ABDOMINALES (15 ') (S2)			10:45
11:00	BODY BALANCE (45 ') (S2)	CICLO (45 ') (SC)	PAIDE TOTAL (45 ') (S2)	CICLO (45 ') (SC)	AQUADYNAMIC (45 ') (P)		RECUP. ESPALDA (30 ') (P)	11:00
11:00					BODY BALANCE (45 ') (S1)			11:00
11:15	PAIDE DANCE (45 ') (S1)	PAIDE DANCE (45 ') (S1)	BODY PUMP (45 ') (S1)	PAIDE DANCE (45 ') (S1)		ABDOMINALES (15 ') (S2)		11:15
11:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	GAP 1 (45 ') (S1)	AQUAPAIDE (45 ') (P)	11:30
11:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S1)	11:30
11:30						WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	11:30
11:30							WALKING VIRTUAL (30 ') (ZIW)	11:30
11:45		ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)				11:45

MEDIODÍA (de 12h a 17h)								
12:00	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	INICIACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)				12:00
12:00		CICLO VIRTUAL (45 ') (SC)						12:00
12:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY BALANCE (45 ') (S1)	BODY COMBAT 1 (45 ') (S1)	12:30
12:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	12:30
12:30						WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	12:30
13:00		CICLO VIRTUAL (45 ') (SC)						13:00
13:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:30
13:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	13:30
14:30	INTERVAL ACUÁTICO (45 ') (P)	ENTRENAMIENTO (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)			14:30
14:30	BODY COMBAT 1 (45 ') (S1)	CICLO (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S2)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)			14:30
14:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)			14:30
14:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				14:30
15:00					RECUP. ESPALDA (30 ') (P)			15:00
15:15	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)			15:15
15:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			15:30
15:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			15:30
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			16:30
16:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			16:30

TARDE (de 17h al cierre)								
17:15			ABDOMINALES (15 ') (S2)					17:15
17:30	BODY PUMP (45 ') (S1)	GAP 1 (45 ') (S1)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			17:30
17:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			17:30
18:00			ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S1)				18:00
18:15	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)	BODY PUMP (45 ') (S1)	PAIDE TOTAL (45 ') (S2)	ABDOMINALES (15 ') (S2)			18:15
18:15	CICLO (45 ') (SC)	CICLO (45 ') (SC)						18:15
18:30	PILATES (45 ') (S1)	BODY COMBAT 1 (45 ') (S1)	PAIDE DANCE 2 (45 ') (S2)	BODY BALANCE (45 ') (S1)	BODY PUMP (45 ') (S1)			18:30
18:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)			18:30
18:30				WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			18:30
19:00	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)						19:00
19:15	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	ABDOMINALES (15 ') (S2)				19:15
19:30	GAP 1 (45 ') (S1)	PAIDE DANCE (45 ') (S1)	GAP 1 (45 ') (S1)	BODY COMBAT 1 (45 ') (S1)	FIT BALL 1 (45 ') (S1)			19:30
19:30	PAIDE DANCE 2 (45 ') (S2)	BODY BALANCE (45 ') (S2)	PAIDE FUNCIONAL (45 ') (S2)	CICLO (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)			19:30
19:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				19:30
19:45	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)				19:45
20:00					CICLO VIRTUAL (45 ') (SC)			20:00
20:15					AQUADYNAMIC (45 ') (P)			20:15
20:15					ABDOMINALES (15 ') (S2)			20:15
20:30	ENTRENAMIENTO (45 ') (P)	RECUP. ESPALDA (30 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)	WALKING VIRTUAL (30 ') (ZIW)			20:30
20:30	PAIDE FUNCIONAL (45 ') (S2)	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)				20:30
20:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)				20:30
20:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				20:30
21:00					CICLO VIRTUAL (45 ') (SC)			21:00
21:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)			21:30
21:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				21:30

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
ZIW: ZONA IND. WALKING

TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	