

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 DANCE 2 (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)	PILATES (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	ENTRENAMIENTO (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	