

Hora de Inicio	CORREDOR						DEL 1 AGOSTO 2022 AL 31 AGOSTO 2022		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
9:15			ENTRENAMIENTO (45') (P)		ENTRENAMIENTO (45') (P)				9:15
9:30	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	WALKING VIRTUAL (30') (ZIW)	RECUP. ESPALDA (30') (P)	WALKING VIRTUAL (30') (ZIW)				9:30
9:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					9:30
9:30		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)					9:30
9:45	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S2)			CICLO VIRTUAL (45') (SC)				9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)				10:00
10:00	CICLO (45') (SC)	BODY PUMP (45') (S1)	BODY BALANCE (45') (S1)	GAP 1 (45') (S1)	PILATES (45') (S1)				10:00
10:00			CICLO VIRTUAL (45') (SC)						10:00
10:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (45') (S1)	CICLO (45') (SC)		10:30
10:30		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)		CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)		10:30
10:30						WALKING VIRTUAL (30') (ZIW)			10:30
11:00	BODY BALANCE (45') (S1)	PILATES (45') (S1)	CICLO (45') (SC)	PAIDE DANCE (45') (S1)	CICLO (45') (SC)			RECUP. ESPALDA (30') (P)	11:00
11:00	CICLO VIRTUAL (45') (SC)								11:00
11:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	BODY BALANCE (45') (S1)	AQUADYNAMIC (45') (P)		11:30
11:30		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)		CICLO VIRTUAL (45') (SC)	PAIDE FUNCIONAL (45') (S2)		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') (S1)	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S1)				11:45
MEDIODÍA (de 12h a 17h)									
12:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						12:00
12:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		12:30
12:30		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		12:30
13:00	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	INICIACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)				13:00
13:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						13:00
13:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	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)		13:30
14:30	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	AQUAPAIDE (45') (P)	ENTRENAMIENTO (45') (P)	INICIACIÓN (30') (P)				14:30
14:30	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY BALANCE (45') (S1)	PAIDE FUNCIONAL (45') (S2)				14:30
14:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				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') (S1)		ABDOMINALES (15') (S1)						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)									
17:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (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)				17:30
17:45	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)					17:45
18:00	CICLO (45') (SC)	FIT BALL 1 (45') (S1)	PAIDE DANCE (45') (S1)	PILATES (45') (S1)	GAP 1 (45') (S1)				18:00
18:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				18:30
18:30			WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				18:30
19:00	BODY PUMP (45') (S1)	CICLO (45') (SC)	GAP 1 (45') (S1)	BODY PUMP (45') (S1)	BODY BALANCE (45') (S1)				19:00
19:00	CICLO VIRTUAL (45') (SC)								19:00
19:30	AQUADYNAMIC (45') (P)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)				19:30
19:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)				19:30
19:45		AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)					19:45
20:00	BODY BALANCE (45') (S1)	PILATES (45') (S1)	BODY BALANCE (45') (S1)	CICLO (45') (SC)					20:00
20:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)							20:00
20:30	ENTRENAMIENTO (45') (P)	RECUP. ESPALDA (30') (P)	ENTRENAMIENTO (45') (P)	INICIACIÓN (30') (P)	CICLO VIRTUAL (45') (SC)				20:30
20:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				20:30
20:30			WALKING VIRTUAL (30') (ZIW)						20:30
21:00	CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)					21:00
21:15		CICLO VIRTUAL (45') (SC)							21:15
21:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)				21:30
21:30			WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)				21:30

**LEYENDA SALAS**

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

**TIPO ACTIVIDAD**

ACUÁTICAS  
BAILE  
CARDIO  
CARDIO-TONO  
CUERPO-MENTE  
TONO  
VIRTUALES