

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 (35 ') (ZIW)	RECUP. ESPALDA (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	RECUP. ESPALDA (30 ') (P)	WALKING VIRTUAL (35 ') (ZIW)		9:30
9:30		CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)			9:30
9:30		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (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	PAIDE DANCE (45 ') (S1)	GAP 1 (45 ') (S1)	PILATES (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)			10:00
10:15	CICLO (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S2)	PAIDE CROSS (30 ') (ZEF)	PILATES (45 ') (S1)	CICLO (45 ') (SC)	ABDOMINALES (15 ') (S2)	10:15
10:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	RECUP. ESPALDA (30 ') (P)	CICLO (45 ') (SC)	10:30
10:30			WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	10:30
10:45			ABDOMINALES (15 ') (S2)				10:45
11:00	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	AQUADYNAMIC (45 ') (P)	RECUP. ESPALDA (30 ') (P)	11:00
11:00					ABDOMINALES (15 ') (S2)		11:00
11:15	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S1)	PAIDE DANCE 2 (45 ') (S2)	FIT BALL 1 (45 ') (S1)	BODY BALANCE (45 ') (S1)		11:15
11:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	GAP 1 (45 ') (S1)	11:30
11:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	11:30
11:30						WALKING VIRTUAL (35 ') (ZIW)	11:30
11:30						WALKING VIRTUAL (35 ') (ZIW)	11:30
11:45		ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)			11:45

MEDIODÍA (de 12h a 17h)							
12:00	INICIACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	INICIACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)			12:00
12:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY BALANCE (45 ') (S1)	12:30
12:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	12:30
12:30						WALKING VIRTUAL (35 ') (ZIW)	12:30
13:30	CICLO VIRTUAL (45 ') (SC)	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 (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	13:30
14:30	ENTRENAMIENTO (45 ') (P)	ENTRENAMIENTO (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)		14:30
14:30	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S1)		14:30
14:30	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)		14:30
14:30		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (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 (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (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 (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		16:30

TARDE (de 17h al cierre)							
17:15	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S2)			17:15
17:30	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		17:30
17:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		17:30
17:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)				17:30
17:45			ABDOMINALES (15 ') (S1)				17:45
18:00				ABDOMINALES (15 ') (S1)			18:00
18:15		ABDOMINALES (15 ') (S2)	BODY PUMP (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	ABDOMINALES (15 ') (S2)		18:15
18:15		CICLO (45 ') (SC)					18:15
18:30	PILATES (45 ') (S1)	BODY BALANCE (45 ') (S1)	PAIDE DANCE 2 (45 ') (S2)	GAP 1 (45 ') (S1)	BODY PUMP (45 ') (S1)		18:30
18:30	BODY COMBAT 2 (45 ') (S2)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)		18:30
18:30	WALKING VIRTUAL (35 ') (ZIW)			WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		18:30
19:15	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)				19:15
19:30	PAIDE DANCE (45 ') (S1)	BODY PUMP (45 ') (S1)	GAP 1 (45 ') (S1)	BODY BALANCE (45 ') (S1)	FIT BALL 1 (45 ') (S1)		19:30
19:30	PAIDE FUNCIONAL (45 ') (S2)	PAIDE DANCE 2 (45 ') (S2)	BODY COMBAT 2 (45 ') (S2)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		19:30
19:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		19:30
19:45	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)			19:45
20:00					AQUADYNAMIC (45 ') (P)		20:00
20:15	ABDOMINALES (15 ') (S2)				ABDOMINALES (15 ') (S2)		20:15
20:30	ENTRENAMIENTO (45 ') (P)	RECUP. ESPALDA (30 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)	CICLO VIRTUAL (45 ') (SC)		20:30
20:30	BODY PUMP (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)		20:30
20:30	CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)			20:30
20:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			20:30
21:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		21:30
21:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (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	20:00
BAILE	20:15
CARDIO	20:30
CARDIO-TONO	20:30
CUERPO-MENTE	20:30
TONO	20:30
VIRTUALES	21:30