

MAÑANA (de 9h a 12h)

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

MEDIODÍA (de 12h a 17h)

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| 12:00 | MÁSTER NATACIÓN (30') (P) | RECUP. ESPALDA (30') (P) | INICIACIÓN (30') (P) | RECUP. ESPALDA (30') (P) | MÁSTER NATACIÓN (30') (P) | | | 12:00 |
| 12:30 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | WALKING VIRTUAL (30') (ZIW) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | BODY BALANCE (45') (S1) | CICLO (45') (SC) | 12:30 |
| 12:30 | WALKING VIRTUAL (30') (ZIW) | WALKING VIRTUAL (30') (ZIW) | | WALKING VIRTUAL (30') (ZIW) | WALKING VIRTUAL (30') (ZIW) | CICLO VIRTUAL (45') (SC) | WALKING VIRTUAL (30') (ZIW) | 12:30 |
| 12:30 | | | | | | WALKING VIRTUAL (30') (ZIW) | | 12:30 |
| 12:45 | | | CICLO VIRTUAL (45') (SC) | | | | | 12:45 |
| 13:30 | CICLO VIRTUAL (45') (SC) | 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) | WALKING VIRTUAL (30') (ZIW) | 13:30 |
| 13:45 | | | CICLO VIRTUAL (45') (SC) | | | | | 13:45 |
| 14:30 | AQUADYNAMIC (45') (P) | ENTRENAMIENTO (45') (P) | AQUAPAIDE (45') (P) | ENTRENAMIENTO (45') (P) | INICIACIÓN (30') (P) | | | 14:30 |
| 14:30 | BODY PUMP (45') (S1) | CICLO (45') (SC) | PAIDE FUNCIONAL (45') (S2) | CICLO (45') (SC) | BODY BALANCE (45') (S1) | | | 14:30 |
| 14:30 | CICLO VIRTUAL (45') (SC) | WALKING VIRTUAL (30') (ZIW) | WALKING VIRTUAL (30') (ZIW) | WALKING VIRTUAL (30') (ZIW) | CICLO VIRTUAL (45') (SC) | | | 14:30 |
| 14:30 | WALKING VIRTUAL (30') (ZIW) | | | | WALKING VIRTUAL (30') (ZIW) | | | 14:30 |
| 14:45 | | | CICLO VIRTUAL (45') (SC) | | | | | 14:45 |
| 15:00 | | | | | RECUP. ESPALDA (30') (P) | | | 15:00 |
| 15:30 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | WALKING VIRTUAL (30') (ZIW) | 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) | | | 15:30 |
| 15:45 | | | CICLO VIRTUAL (45') (SC) | | | | | 15:45 |
| 16:30 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | WALKING VIRTUAL (30') (ZIW) | 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) | | | 16:30 |
| 16:45 | | | CICLO VIRTUAL (45') (SC) | | | | | 16:45 |

TARDE (de 17h al cierre)

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

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| LEYENDA SALAS | |
| P: PISCINA | 18:15 |
| S1: SALA 1 | 18:30 |
| S2: SALA 2 | 18:45 |
| SC: SALA CICLO | 19:15 |
| ZEF: ZONA E. FUNCIONAL | 19:30 |
| ZIW: ZONA IND. WALKING | 19:30 |
| TIPO ACTIVIDAD | |
| ACUÁTICAS | 19:45 |
| BAILE | 20:00 |
| CARDIO | 20:30 |
| CARDIO-TONO | 20:30 |
| CUERPO-MENTE | 20:30 |
| TONO | 20:45 |
| VIRTUALES | 21:30 |