

MAÑANA (de 9h a 12h)

9:15	CICLO (45') (SC)	PILATES (45') (S3)	CICLO (45') (SC)	PAIDE SALUD (45') (S3)	CICLO (45') (SC)			9:15
9:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				9:15
9:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)			9:30
10:15	BODY PUMP (45') (S3)	BODY COMBAT (45') (S3)	BODY PUMP (45') (S3)	PILATES (45') (S3)	BODY COMBAT (45') (S3)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	10:15
10:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			10:15
10:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	BODY PUMP (45') (S3)	CICLO (45') (SC)	10:30
10:30						CICLO VIRTUAL (45') (SC)		10:30
11:15	ZUMBA (45') (S3)	YOGA 3 (45') (S3)	ZUMBA (45') (S3)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (45') (S3)	WALKING VIRTUAL (35') (ZIW)	ABDOMINALES (15') (S3)	11:15
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		WALKING VIRTUAL (35') (ZIW)	11:15
11:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	CICLO (45') (SC)	BODY BALANCE (45') (S3)	11:30
11:30						CICLO VIRTUAL (45') (SC)		11:30

MEDIODÍA (de 12h a 17h)

12:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	ABDOMINALES (15') (S3)	WALKING VIRTUAL (35') (ZIW)	12:15
12:15						WALKING VIRTUAL (35') (ZIW)		12:15
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)	CICLO VIRTUAL (45') (SC)	12:30
13:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	13:15
13:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:30
14:15						WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	14:15
14:30	CICLO (45') (SC)	BODY PUMP (45') (S3)	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S3)	CICLO VIRTUAL (45') (SC)			14:30
14:30	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)			14:30
14:30		WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)				14:30
15:15	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)					15:15
15:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)			15:30
16:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			16:00
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)

17:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			17:00
17:15	PILATES (45') (S3)							17:15
17:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)			17:30
18:00		CICLO VIRTUAL (45') (SC)		GAP (30') (S1)	YOGA 1 (45') (S1)			18:00
18:00				CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S3)			18:00
18:00					CICLO VIRTUAL (45') (SC)			18:00
18:15	PILATES (45') (S1)	BODY BALANCE (45') (S1)	PILATES (45') (S3)	BODY PUMP (45') (S3)				18:15
18:15	ZUMBA (45') (S3)	BODY PUMP (45') (S3)						18:15
18:30	CICLO (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO (45') (SC)	HIPOPRESIVOS (30') (S1)	WALKING VIRTUAL (35') (ZIW)			18:30
18:30	WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)			18:30
19:00		CICLO (45') (SC)		CICLO (45') (SC)	CICLO (45') (SC)			19:00
19:15	ABDOMINALES (15') (S1)	PAIDE TOTAL (45') (S1)	BODY PUMP (45') (S3)	ZUMBA (45') (S3)				19:15
19:15	BODY COMBAT (45') (S3)	ZUMBA (45') (S3)						19:15
19:30	GAP (45') (S1)	WALKING VIRTUAL (35') (ZIW)	HIPOPRESIVOS (45') (S1)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)			19:30
19:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					19:30
19:30	WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)					19:30
19:45				ABDOMINALES (15') (S1)	ABDOMINALES (15') (S3)			19:45
20:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			20:00
20:15	BODY PUMP (45') (S3)	PILATES (45') (S1)	BODY BALANCE (45') (S3)	BODY COMBAT (45') (S3)				20:15
20:15		BODY PUMP (45') (S3)						20:15
20:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)			20:30
20:30	WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)					20:30
21:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			21:00
21:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)			21:30
21:30	WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)					21:30

LEYENDA SALAS

S1: SALA 1
S3: SALA 3
SC: SALA CICLO
ZIW: ZONA IND. WALKING

TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	