

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		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			9:15
9:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (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 (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)
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 (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (45') (S3)	CICLO (45') (SC)
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 (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		11:15
11:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO (45') (SC)	BODY BALANCE (45') (S3)
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)	WALKING VIRTUAL (30') (ZIW)	
12:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)
13:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)
13:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)
14:15						WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)
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 (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)		14:30
14:30		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)			14:30
15:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		15:30
16:00	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 (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)

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

LEYENDA SALAS

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

TIPO ACTIVIDAD

VIRTUALES	
TONO	
CUERPO-MENTE	
CARDIO-TONO	
CARDIO	
BAILE	
ACUÁTICAS	