

MAÑANA (de 9h a 12h)

9:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				9:00
9:15								9:15
9:30	CNPAIDE (30 ') (P)	AQUAPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	AQUAPAIDE (30 ') (P)	WATERPOLO (45 ') (P)			9:30
9:30	GAP (30 ') (S1)		GAP (30 ') (S1)		YOGA (45 ') (S3)			9:30
9:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			9:30
10:00	AQUADYNAMIC (30 ') (P)	CNPAIDE (30 ') (P)	AQUADYNAMIC (30 ') (P)	RECUP. ESPALDA (30 ') (P)	AQUADYNAMIC (30 ') (P)			10:00
10:00	ZUMBA (45 ') (S1)	BODY PUMP (45 ') (S3)	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)				10:00
10:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				10:00
10:15		BODY COMBAT (45 ') (S1)			BODY COMBAT (45 ') (S1)			10:15
10:15					ZUMBA (45 ') (S3)			10:15
10:30	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
11:00		INTERVAL ACUÁTICO (45 ') (P)			BODY PUMP (45 ') (S3)	AQUADYNAMIC (45 ') (P)		11:00
11:00		BODY BALANCE (45 ') (S3)				BODY PUMP (45 ') (S3)		11:00
11:15	ABDOMINALES (15 ') (S1)	CICLO (45 ') (SC)	ABDOMINALES (15 ') (S1)	CICLO (45 ') (SC)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S1)	11:15
11:30	RECUP. ESPALDA (30 ') (P)		CNPAIDE (30 ') (P)	ENTRENAMIENTO (30 ') (P)	PAIDE FUNCIONAL (45 ') (S1)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	11:30
11:30	PILATES (45 ') (S3)		PAIDE FUNCIONAL (45 ') (S1)		CICLO VIRTUAL (45 ') (SC)			11:30
11:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					11:30
11:45							CNPAIDE (30 ') (P)	11:45

MEDIODÍA (de 12h a 17h)

12:00	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	GAP 3 (30 ') (S3)	BODY COMBAT 3 (45 ') (S3)	12:00
12:00		ABDOMINALES (15 ') (S1)		ABDOMINALES (15 ') (S1)				12:00
12:15		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		ABDOMINALES (15 ') (S1)	AQUAPAIDE (45 ') (P)	12:15
12:15						ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S1)	12:15
12:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	12:30
12:45						PILATES (45 ') (S3)		12:45
13:15		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				13:15
13:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			13:30
14:15		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				14:15
14:30	AQUAPAIDE (30 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (30 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)			14:30
14:30	CICLO (45 ') (SC)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S1)			14:30
14:30					CICLO VIRTUAL (45 ') (SC)			14:30
15:00	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)					15:00
15:15	ABDOMINALES (15 ') (S1)	CICLO VIRTUAL (45 ') (SC)	ABDOMINALES (15 ') (S1)	CICLO VIRTUAL (45 ') (SC)				15:15
15:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			15:30
16:15		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				16:15
16:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			16:30

TARDE (de 17h al cierre)

17:15		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				17:15
17:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			17:30
18:00	BODY PUMP (45 ') (S3)	PILATES (45 ') (S3)		PILATES (45 ') (S3)	BODY COMBAT (45 ') (S1)			18:00
18:15	BODY BALANCE (45 ') (S1)	ABDOMINALES (15 ') (S1)	ZUMBA (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S1)				18:15
18:30	CICLO (45 ') (SC)	BODY COMBAT (45 ') (S1)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)				18:30
18:30		CICLO (45 ') (SC)	CICLO (45 ') (SC)					18:30
19:00	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)		BODY PUMP (45 ') (S3)	ZUMBA (45 ') (S1)			19:00
19:00					BODY PUMP (45 ') (S3)			19:00
19:00					CICLO (45 ') (SC)			19:00
19:15	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S1)				19:15
19:30	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (30 ') (P)			19:30
19:30	BODY COMBAT (45 ') (S1)	ZUMBA (45 ') (S1)	BODY COMBAT (45 ') (S1)	ZUMBA (45 ') (S1)				19:30
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	GAP 3 (30 ') (S3)	CICLO (45 ') (SC)				19:30
19:30			CICLO (45 ') (SC)					19:30
19:45						ABDOMINALES (15 ') (S1)		19:45
20:00	BODY PUMP (45 ') (S3)	BODY BALANCE (45 ') (S3)	RUNNING (45 ') (SO)	BODY COMBAT 3 (45 ') (S3)	WATERPOLO (45 ') (P)			20:00
20:00	RUNNING (45 ') (SO)				CICLO VIRTUAL (45 ') (SC)			20:00
20:15	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (30 ') (P)				20:15
20:15	ABDOMINALES (15 ') (S1)	GAP (30 ') (S1)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S1)				20:15
20:30	PAIDE FUNCIONAL (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)				20:30
20:30	CICLO VIRTUAL (45 ') (SC)		YOGA (45 ') (S3)					20:30
20:30			CICLO VIRTUAL (45 ') (SC)					20:30
20:45	AQUAPAIDE (30 ') (P)	AQUADYNAMIC (30 ') (P)	AQUAPAIDE (30 ') (P)	INTERVAL ACUÁTICO (45 ') (P)				20:45
21:00					CICLO VIRTUAL (45 ') (SC)			21:00

LEYENDA SALAS

P: PISCINA  
S1: SALA 1  
S3: SALA 3  
SC: SALA CICLO  
SO: SALA OUTDOOR

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TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	