

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	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		YOGA (45 ') (S3)				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
10:45	GAP (30 ') (S1)		PILATES (45 ') (S3)						10:45
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	