

| Hora de Inicio | PARQUESUR DEL 1 JULIO 2024 AL 31 JULIO 2024 | | | | | | | Hora de Inicio |
|--------------------------|---|---------------------------|-----------------------------|-----------------------------|---------------------------|---------------------------|---------------------------|----------------|
| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO | DOMINGO | |
| MAÑANA (de 9h a 12h) | | | | | | | | |
| 9:00 | | CICLO VIRTUAL (45 ') (SC) | | CICLO VIRTUAL (45 ') (SC) | | | | 9:00 |
| 9:30 | CNPAIDE (30 ') (P) | AQUAPAIDE (30 ') (P) | CNPAIDE (30 ') (P) | AQUAPAIDE (30 ') (P) | WATERPOLO (30 ') (P) | | | 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 COMBAT (45 ') (S1) | ZUMBA (45 ') (S3) | BODY PUMP 1 (45 ') (S1) | | | | 10:00 |
| 10:00 | | BODY PUMP (45 ') (S3) | | CICLO VIRTUAL (45 ') (SC) | | | | 10:00 |
| 10:00 | | CICLO VIRTUAL (45 ') (SC) | | | | | | 10:00 |
| 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 |
| 11:15 | 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 | BODY BALANCE (45 ') (S1) | | PAIDE FUNCIONAL (45 ') (S1) | | CICLO VIRTUAL (45 ') (SC) | BODY PUMP (45 ') (S3) | PILATES (45 ') (S1) | 11:30 |
| 11:30 | CICLO VIRTUAL (45 ') (SC) | | CICLO VIRTUAL (45 ') (SC) | | | CICLO VIRTUAL (45 ') (SC) | BODY PUMP (45 ') (S3) | 11:30 |
| 11:30 | | | | | | | 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) | | | 12:00 |
| 12:00 | | ABDOMINALES (15 ') (S1) | | ABDOMINALES (15 ') (S1) | | | | 12:00 |
| 12:15 | | | | | | | AQUAPAIDE (45 ') (P) | 12:15 |
| 12:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | CICLO VIRTUAL (45 ') (SC) | PILATES (45 ') (S3) | BODY COMBAT 3 (45 ') (S3) | 12:30 |
| 12:30 | | | | | | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | 12:30 |
| 13:00 | | | | | | | | 13:00 |
| 13:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | CICLO VIRTUAL (45 ') (SC) | | | 13:30 |
| 14:00 | | | | | | | | 14:00 |
| 14:30 | AQUAPAIDE (30 ') (P) | AQUADYNAMIC (45 ') (P) | CNPAIDE (30 ') (P) | AQUADYNAMIC (45 ') (P) | CNPAIDE (30 ') (P) | | | 14:30 |
| 14:30 | CICLO (45 ') (SC) | BODY PUMP (45 ') (S3) | PAIDE FUNCIONAL (45 ') (S1) | PILATES (45 ') (S1) | CICLO VIRTUAL (45 ') (SC) | | | 14:30 |
| 14:30 | | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | | | 14:30 |
| 15:00 | | | | | | | | 15:00 |
| 15:15 | ABDOMINALES (15 ') (S1) | | | | | | | 15:15 |
| 15:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | CICLO VIRTUAL (45 ') (SC) | | | 15:30 |
| 16:00 | | | | | | | | 16:00 |
| 16:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | CICLO VIRTUAL (45 ') (SC) | | | 16:30 |
| TARDE (de 17h al cierre) | | | | | | | | |
| 17:00 | | | | CICLO VIRTUAL (45 ') (SC) | | | | 17:00 |
| 17:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | CICLO VIRTUAL (45 ') (SC) | | | 17:30 |
| 18:00 | BODY BALANCE (45 ') (S1) | PILATES (45 ') (S3) | ZUMBA (45 ') (S1) | PILATES (45 ') (S3) | BODY PUMP (45 ') (S3) | | | 18:00 |
| 18:00 | BODY PUMP (45 ') (S3) | | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | | 18:00 |
| 18:15 | | | | PAIDE FUNCIONAL (45 ') (S1) | | | | 18:15 |
| 18:30 | CICLO (45 ') (SC) | BODY COMBAT (45 ') (S1) | BODY PUMP (45 ') (S3) | | | | | 18:30 |
| 18:30 | | CICLO (45 ') (SC) | | | | | | 18:30 |
| 19:00 | ZUMBA (45 ') (S3) | BODY PUMP (45 ') (S3) | BODY COMBAT (45 ') (S1) | ZUMBA (45 ') (S1) | CICLO (45 ') (SC) | | | 19:00 |
| 19:00 | | | CICLO (45 ') (SC) | BODY PUMP (45 ') (S3) | | | | 19:00 |
| 19:00 | | | | CICLO (45 ') (SC) | | | | 19:00 |
| 19:15 | ABDOMINALES (15 ') (S1) | ABDOMINALES (15 ') (S1) | | | | | | 19:15 |
| 19:30 | AQUADYNAMIC (45 ') (P) | AQUAPAIDE (45 ') (P) | AQUADYNAMIC (45 ') (P) | AQUAPAIDE (45 ') (P) | CNPAIDE (30 ') (P) | | | 19:30 |
| 19:30 | BODY COMBAT (45 ') (S1) | ZUMBA (45 ') (S1) | | | | | | 19:30 |
| 19:30 | CICLO (45 ') (SC) | CICLO (45 ') (SC) | | | | | | 19:30 |
| 19:45 | | | ABDOMINALES (15 ') (S1) | ABDOMINALES (15 ') (S1) | ABDOMINALES (15 ') (S1) | | | 19:45 |
| 20:00 | | | GAP (45 ') (S1) | BODY COMBAT (45 ') (S1) | WATERPOLO (30 ') (P) | | | 20:00 |
| 20:00 | | | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | 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) | | | | | | | 20:15 |
| 20:30 | PAIDE FUNCIONAL (45 ') (S1) | CICLO VIRTUAL (45 ') (SC) | | | | | | 20:30 |
| 20:30 | CICLO VIRTUAL (45 ') (SC) | | | | | | | 20:30 |
| 20:45 | AQUAPAIDE (30 ') (P) | AQUADYNAMIC (30 ') (P) | | | | | | 20:45 |
| 21:00 | | | | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 21:00 |

LEYENDA SALAS

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

TIPO ACTIVIDAD

- ACUÁTICAS
- BAILE
- CARDIO
- CARDIO-TONO
- CUERPO-MENTE
- TONO
- VIRTUALES