

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)   |                           | PILATES (45 ') (S3)       |                         |                           | 9:30  |
| 9:30  |                           |                           |                             |                           | 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 |
| 10:45 | GAP (30 ') (S1)           |                           | PILATES (45 ') (S3)         |                           |                           |                         |                           | 10:45 |
| 11:00 |                           | BODY BALANCE (45 ') (S3)  |                             |                           | BODY PUMP (45 ') (S3)     | AQUADYNAMIC (45 ') (P)  |                           | 11:00 |
| 11:00 |                           |                           |                             |                           |                           | 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)  | GAP 3 (30 ') (S3)         | CICLO (45 ') (SC)       | PILATES (45 ') (S1)       | 11:30 |
| 11:30 | PILATES (45 ') (S3)       |                           | PAIDE FUNCIONAL (45 ') (S1) |                           | CICLO VIRTUAL (45 ') (SC) |                         | CICLO VIRTUAL (45 ') (SC) | 11:30 |
| 11:30 | CICLO VIRTUAL (45 ') (SC) |                           | CICLO VIRTUAL (45 ') (SC)   |                           |                           |                         |                           | 11:30 |
| 11:45 |                           |                           |                             |                           |                           | GAP 3 (30 ') (S3)       | 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)        |                           | BODY COMBAT 3 (45 ') (S3) | 12:00 |
| 12:00 |                           | ABDOMINALES (15 ') (S1)   |                           | ABDOMINALES (15 ') (S1)   |                             |                           |                           | 12:00 |
| 12:15 |                           |                           |                           | CICLO VIRTUAL (45 ') (SC) |                             | ABDOMINALES (15 ') (S1)   | AQUAPAIDE (45 ') (P)      | 12:15 |
| 12:15 |                           |                           |                           |                           |                             | PILATES (45 ') (S3)       |                           | 12:15 |
| 12:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) |                           | CICLO VIRTUAL (45 ') (SC)   | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | 12:30 |
| 13:15 |                           |                           |                           | CICLO VIRTUAL (45 ') (SC) |                             |                           |                           | 13:15 |
| 13:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) |                           | CICLO VIRTUAL (45 ') (SC)   |                           |                           | 13:30 |
| 14:15 |                           |                           |                           | 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 | ZUMBA (45 ') (S1)         | BODY PUMP (45 ') (S3)     | CICLO (45 ') (SC)         | PILATES (45 ') (S1)       | PAIDE FUNCIONAL (45 ') (S1) |                           |                           | 14:30 |
| 14:30 | CICLO (45 ') (SC)         | CICLO VIRTUAL (45 ') (SC) |                           |                           | CICLO VIRTUAL (45 ') (SC)   |                           |                           | 14:30 |
| 15:00 | CNPAIDE (30 ') (P)        |                           | CNPAIDE (30 ') (P)        |                           |                             |                           |                           | 15:00 |
| 15:15 | ABDOMINALES (15 ') (S1)   |                           | ABDOMINALES (15 ') (S1)   | CICLO VIRTUAL (45 ') (SC) |                             |                           |                           | 15:15 |
| 15:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) |                           | CICLO VIRTUAL (45 ') (SC)   |                           |                           | 15:30 |
| 16:15 |                           |                           |                           | CICLO VIRTUAL (45 ') (SC) |                             |                           |                           | 16:15 |
| 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)

|       |                             |                           |                           |                             |                           |  |  |       |
|-------|-----------------------------|---------------------------|---------------------------|-----------------------------|---------------------------|--|--|-------|
| 17:15 |                             |                           |                           | CICLO VIRTUAL (45 ') (SC)   |                           |  |  | 17:15 |
| 17:30 | CICLO VIRTUAL (45 ') (SC)   | 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 COMBAT (45 ') (S1)   |  |  | 18:00 |
| 18:00 | BODY PUMP (45 ') (S3)       |                           |                           |                             | BODY PUMP (45 ') (S3)     |  |  | 18:00 |
| 18:15 |                             |                           |                           | 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 |
| 18:45 |                             |                           | BODY BALANCE (45 ') (S1)  |                             |                           |  |  | 18:45 |
| 19:00 | ZUMBA (45 ') (S3)           | BODY PUMP (45 ') (S3)     |                           | ZUMBA (45 ') (S1)           | ZUMBA (45 ') (S1)         |  |  | 19:00 |
| 19:00 |                             |                           |                           | BODY PUMP (45 ') (S3)       | CICLO (45 ') (SC)         |  |  | 19:00 |
| 19:15 | ABDOMINALES (15 ') (S1)     | ABDOMINALES (15 ') (S1)   | ABDOMINALES (15 ') (S3)   |                             |                           |  |  | 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)         | GAP (30 ') (S1)           | CICLO (45 ') (SC)           |                           |  |  | 19:30 |
| 19:30 | CICLO (45 ') (SC)           | CICLO (45 ') (SC)         | BODY COMBAT 3 (45 ') (S3) |                             |                           |  |  | 19:30 |
| 19:30 |                             |                           | CICLO (45 ') (SC)         |                             |                           |  |  | 19:30 |
| 19:45 |                             |                           |                           |                             | ABDOMINALES (15 ') (S1)   |  |  | 19:45 |
| 20:00 | BODY PUMP (55 ') (S3)       | BODY BALANCE (45 ') (S3)  | RUNNING (45 ') (SO)       | BODY COMBAT 3 (45 ') (S3)   | CNPAIDE (30 ') (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) | PILATES (45 ') (S3)       | CICLO VIRTUAL (45 ') (SC)   |                           |  |  | 20:30 |
| 20:30 | CICLO VIRTUAL (45 ') (SC)   |                           | CICLO VIRTUAL (45 ') (SC) |                             |                           |  |  | 20:30 |
| 20:45 | AQUAPAIDE (30 ') (P)        | AQUADYNAMIC (30 ') (P)    | AQUAPAIDE (30 ') (P)      | CNPAIDE (30 ') (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    |  |