

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)		AQUAPAIDE (30 ') (P)		WATERPOLO (30 ') (P)			9:30
9:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			YOGA (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)	ABDOMINALES (15 ') (S1)	11:15
11:30	RECUP. ESPALDA (30 ') (P)		CNPAIDE (30 ') (P)	ENTRENAMIENTO (30 ') (P)	PAIDE FUNCIONAL (45 ') (S1)	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							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						ABDOMINALES (15 ') (S1)	AQUAPAIDE (45 ') (P)		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)	CICLO VIRTUAL (45 ') (SC)		12:30
12:45						PILATES (45 ') (S3)			12:45
13:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				13:30
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)	CICLO VIRTUAL (45 ') (SC)				14:30
15:00	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)						15:00
15:15	ABDOMINALES (15 ') (S1)		ABDOMINALES (15 ') (S1)						15:15
15:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				15:30
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				16:30

TARDE (de 17h al cierre)

17:30	CICLO VIRTUAL (45 ') (SC)	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)								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
19:00	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)		ZUMBA (45 ') (S1)	ZUMBA (45 ') (S1)				19:00
19:00				BODY PUMP (45 ') (S3)	BODY PUMP (45 ') (S3)				19:00
19:00					CICLO (45 ') (SC)				19:00
19:15	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)	CICLO (45 ') (SC)					19:30
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	GAP 3 (30 ') (S3)						19:30
19:30			CICLO (45 ') (SC)						19:30
19:45						ABDOMINALES (15 ') (S1)			19:45
20:00	BODY PUMP (60 ') (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)	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

TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	