

MAÑANA (de 9h a 12h)

9:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				9:00
9:15						YOGA (45') (S3)		9:15
9:30	CNPAIDE (30') (P)	AQUAPAIDE (30') (P)	CNPAIDE (30') (P)	AQUAPAIDE (30') (P)		CICLO VIRTUAL (45') (SC)		9:30
9:30	GAP (30') (S1)		GAP (30') (S1)					9:30
9:30	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') (S3)	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)		CICLO (45') (SC)		BODY PUMP (45') (S3)	AQUADYNAMIC (45') (P)	11:00
11:00		BODY BALANCE (45') (S3)					BODY PUMP (45') (S3)	11:00
11:00		CICLO (45') (SC)						11:00
11:15	PILATES (45') (S1)							11:15
11:30	RECUP. ESPALDA (30') (P)		CNPAIDE (30') (P)	ENTRENAMIENTO (30') (P)	PAIDE TOTAL (45') (S1)	CICLO (45') (SC)	CICLO (45') (SC)	11:30
11:30	CICLO VIRTUAL (45') (SC)		PAIDE FUNCIONAL (45') (S1)		CICLO VIRTUAL (45') (SC)			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)	GAP (30') (S1)	BODY COMBAT 3 (45') (S3)	12:00
12:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				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)	CICLO VIRTUAL (45') (SC)	12:30
12:45						PILATES (45') (S3)		12:45
13:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				13:00
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	CICLO (45') (SC)	BODY PUMP (45') (S3)	CICLO (45') (SC)	BODY BALANCE (45') (S3)	CICLO (45') (SC)			14:30
14:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				14:30
15:00	CNPAIDE (30') (P)		CNPAIDE (30') (P)					15:00
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 PUMP (45') (S3)	PILATES (45') (S3)	BODY PUMP (45') (S3)	PILATES (45') (S3)	BODY COMBAT (45') (S1)			18:00
18:15	BODY BALANCE (45') (S1)	BODY COMBAT (45') (S1)	ZUMBA (45') (S1)	PAIDE TOTAL (45') (S1)				18:15
18:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)					18:30
18:45				CICLO (45') (SC)	BODY PUMP (45') (S3)			18:45
18:45					CICLO (45') (SC)			18:45
19:00	ZUMBA (45') (S3)	BODY PUMP (45') (S3)		BODY PUMP (45') (S3)	ZUMBA (45') (S1)			19:00
19:15	BODY COMBAT (45') (S1)	ZUMBA (45') (S1)	BODY COMBAT (45') (S1)	ZUMBA (45') (S1)				19:15
19:15			GAP 3 (30') (S3)					19:15
19:30	CICLO (45') (SC)	AQUAPAIDE (45') (P)	CICLO (45') (SC)	AQUAPAIDE (45') (P)				19:30
19:30		CICLO (45') (SC)						19:30
19:45	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	CICLO (45') (SC)	CNPAIDE (30') (P)			19:45
19:45					CICLO VIRTUAL (45') (SC)			19:45
20:00	BODY PUMP (45') (S3)	YOGA (45') (S3)	BODY BALANCE (45') (S3)	BODY COMBAT 3 (45') (S3)				20:00
20:00	RUNNING (60') (SO)		RUNNING (45') (SO)					20:00
20:15		CNPAIDE (30') (P)		ENTRENAMIENTO (30') (P)	AQUADYNAMIC (30') (P)			20:15
20:15		GAP (30') (S1)						20:15
20:30	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)	CNPAIDE (30') (P)					20:30
20:30	PAIDE FUNCIONAL (45') (S1)		PAIDE FUNCIONAL (45') (S1)					20:30
20:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					20:30
20:45		AQUADYNAMIC (30') (P)		INTERVAL ACUÁTICO (30') (P)	CICLO VIRTUAL (45') (SC)			20:45
20:45				CICLO VIRTUAL (45') (SC)				20:45
21:00	AQUAPAIDE (30') (P)		AQUAPAIDE (30') (P)					21:00

LEYENDA SALAS

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

TIPO ACTIVIDAD

ACUÁTICAS	20:00
BAILE	20:15
CARDIO	20:30
CARDIO-TONO	20:30
CUERPO-MENTE	20:30
TONO	20:45
VIRTUALES	20:45