

MAÑANA (de 9h a 12h)

9:00	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)		9:00
9:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				9:00
9:30	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)		9:30
9:30	ZUMBA (45 ') (S2)	BODY BALANCE (45 ') (S1)	ZUMBA (45 ') (S2)	BODY BALANCE (45 ') (S1)	YOGA (45 ') (S1)		9:30
9:30		GLUTEBOOM (45 ') (S2)		GLUTEBOOM (45 ') (S2)	BOOST (45 ') (S2)		9:30
9:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		9:30
9:45	YOGA (45 ') (S1)		YOGA (45 ') (S1)				9:45
10:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				10:00
10:15	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)		10:15
10:30	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	PILATES (45 ') (S1)	INICIACIÓN (30 ') (P)	10:30
10:30	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	10:30
10:30					CICLO VIRTUAL (45 ') (SC)		10:30
10:45		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)			10:45
11:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			AQUADYNAMIC (45 ') (P)	11:00
11:30	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	11:30
11:30	BOOST (45 ') (S2)	PAIDE TOTAL (45 ') (ZEF)	BOOST (45 ') (S2)	PAIDE TOTAL (45 ') (ZEF)		CICLO VIRTUAL (45 ') (SC)	11:30
11:45						MÁSTER NATACIÓN (30 ') (P)	11:45

MEDIODÍA (de 12h a 17h)

12:00	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)		12:00
12:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				12:00
12:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	12:30
13:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	13:30
14:00	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)		14:00
14:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	14:30
14:45	ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)		14:45
15:00	CNPAIDE (30 ') (P)		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
16:00	INICIACIÓN (30 ') (P)	CNPAIDE (30 ') (P)	INICIACIÓN (30 ') (P)	CNPAIDE (30 ') (P)	INICIACIÓN (30 ') (P)		16:00
16:00					CICLO VIRTUAL (45 ') (SC)		16:00
16:30	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)		16:30
16:30	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	PILATES (45 ') (S1)	CICLO (45 ') (SC)	PILATES (45 ') (S1)	CICLO (45 ') (SC)			17:30
17:30	BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)				17:30
17:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				17:30
17:45	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)				17:45
18:00		GLUTEBOOM (45 ') (S2)		GLUTEBOOM (45 ') (S2)	BOOST (45 ') (S2)		18:00
18:00					CICLO VIRTUAL (45 ') (SC)		18:00
18:15		PAIDE TOTAL (45 ') (ZEF)		PAIDE TOTAL (45 ') (ZEF)			18:15
18:30	YOGA (45 ') (S1)	PILATES (45 ') (S1)	YOGA (45 ') (S1)	PILATES (45 ') (S1)			18:30
18:30	BOOST (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	BOOST (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)			18:30
18:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				18:30
19:00		BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)	BODY PUMP (45 ') (S2)		19:00
19:00					CICLO VIRTUAL (45 ') (SC)		19:00
19:30	GLUTEBOOM (45 ') (S2)	CICLO (45 ') (SC)	GLUTEBOOM (45 ') (S2)	CICLO (45 ') (SC)			19:30
19:30	CICLO (45 ') (SC)		CICLO (45 ') (SC)				19:30
19:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)				19:30
20:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	CICLO (45 ') (SC)		20:00
20:00		BODY BALANCE (45 ') (S1)		BODY BALANCE (45 ') (S1)			20:00
20:00		BODY COMBAT (45 ') (S2)		BODY COMBAT (45 ') (S2)			20:00
20:15					AQUADYNAMIC (45 ') (P)		20:15
20:30	BODY PUMP (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)			20:30
20:30	CICLO (45 ') (SC)	MMA (60 ') (ZEF)	CICLO (45 ') (SC)	MMA (60 ') (ZEF)			20:30
20:45	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)			20:45
21:00					CNPAIDE (30 ') (P)		21:00

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	