

Hora de Inicio



**ASTUR**

DEL 1 ABRIL 2019 AL 30 ABRIL 2019

Hora de Inicio

LUNES

MARTES

MIERCOLES

JUEVES

VIERNES

SABADO

DOMINGO

MAÑANA (de 9h a 12h)

8:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			8:45
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 (60') (S2)	BODY VIVE (60') (S2)	ZUMBA (60') (S2)	BODY VIVE (60') (S2)	ZUMBA (60') (S2)			9:30
9:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)			9:30
9:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)			9:30
10:00		PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)				10:00
10:15	MÁSTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MÁSTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MÁSTER NATACIÓN (30') (P)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	10:15
10:15	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			10:15
10:30	YOGA (60') (S1)	BODY BALANCE (60') (S1)	YOGA (60') (S1)	BODY BALANCE (60') (S1)	YOGA (60') (S1)	INICIACIÓN (30') (P)	INICIACIÓN (30') (P)	10:30
10:30	BODY PUMP (60') (S2)	GAP (30') (S2)	BODY PUMP (60') (S2)	GAP (30') (S2)	BODY PUMP (60') (S2)	CICLO (45') (SC)	CICLO (45') (SC)	10:30
10:45		AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)				10:45
11:00	PAIDE CROSS (30') (ZEF)	PAIDE CORE (30') (S2)	PAIDE CROSS (30') (ZEF)	PAIDE CORE (30') (S2)		WALKING VIRTUAL (30') (ZIW)	AQUADYNAMIC (45') (P)	11:00
11:00	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			WALKING VIRTUAL (30') (ZIW)	11:00
11:30	PILATES (60') (S1)	CICLO (45') (SC)	PILATES (60') (S1)	CICLO (45') (SC)			BODY PUMP (60') (S2)	11:30
11:30	BODY COMBAT (60') (S2)		BODY COMBAT (60') (S2)				CICLO VIRTUAL (45') (SC)	11:30
11:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	MÁSTER NATACIÓN (30') (P)	MÁSTER NATACIÓN (30') (P)	11:45
11:45						WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	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	CICLO (45') (SC)		CICLO (45') (SC)		CICLO (45') (SC)			12:00
12:15		ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)				12:15
12:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO (45') (SC)	CICLO (45') (SC)	12:30
12:30						WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	12:30
12:45	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)			12:45
13:15	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	13:15
13:45	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)			13:45
14:00	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (60') (S2)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (60') (S2)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		14:00
14:00		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)				14:00
14:30	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)			14:30
14:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		14:45
15:00	CNPAIDE (30') (P)		CNPAIDE (30') (P)		CNPAIDE (30') (P)			15:00
15:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		15:30
16:00		CNPAIDE (30') (P)		CNPAIDE (30') (P)				16:00
16:15	INICIACIÓN (30') (P)	WALKING VIRTUAL (30') (ZIW)	INICIACIÓN (30') (P)	WALKING VIRTUAL (30') (ZIW)	INICIACIÓN (30') (P)			16:15
16:15	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)			16:15
16:30	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)			16:30
16:45	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)			16:45

TARDE (de 17h al cierre)

17:00	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			17:00
17:15	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)			17:15
17:30	MÁSTER NATACIÓN (30') (P)	BODY PUMP (60') (S2)	MÁSTER NATACIÓN (30') (P)	BODY PUMP (60') (S2)	MÁSTER NATACIÓN (30') (P)			17:30
17:30	BODY PUMP (60') (S2)		BODY PUMP (60') (S2)					17:30
17:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		17:45
18:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	ZUMBA (60') (S2)			18:00
18:00		PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)			18:00
18:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					18:15
18:30	YOGA (60') (S1)	ZUMBA (60') (S1)	YOGA (60') (S1)	ZUMBA (60') (S1)	WALKING VIRTUAL (30') (ZIW)			18:30
18:30	BODY VIVE (60') (S2)	PAIDE CORE (30') (S2)	BODY VIVE (60') (S2)	PAIDE CORE (30') (S2)				18:30
18:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				18:30
19:00	PAIDE CROSS (30') (ZEF)	AQUADYNAMIC (45') (P)	PAIDE CROSS (30') (ZEF)	AQUADYNAMIC (45') (P)	BODY PUMP (60') (S2)			19:00
19:00		GAP (30') (S2)		GAP (29') (S2)				19:00
19:15	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			19:15
19:30	PILATES (60') (S1)	BODY BALANCE (60') (S1)	PILATES (60') (S1)	BODY BALANCE (60') (S1)				19:30
19:30	ZUMBA (60') (S2)	BODY PUMP (60') (S2)	ZUMBA (60') (S2)	BODY PUMP (60') (S2)				19:30
19:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)				19:30
20:00	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (45') (P)			20:00
20:00	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO (45') (SC)			20:00
20:00					WALKING VIRTUAL (30') (ZIW)			20:00
20:30	BODY PUMP (60') (S2)	AQUAPAIDE (45') (P)	BODY PUMP (60') (S2)	AQUAPAIDE (45') (P)				20:30
20:30	CICLO (45') (SC)	BODY COMBAT (60') (S2)	CICLO (45') (SC)	BODY COMBAT (60') (S2)				20:30
20:30		CICLO (45') (SC)		CICLO (45') (SC)				20:30
20:45	CNPAIDE (30') (P)	WALKING VIRTUAL (30') (ZIW)	CNPAIDE (30') (P)	WALKING VIRTUAL (30') (ZIW)	CNPAIDE (30') (P)			20:45
20:45	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)		ABDOMINALES (15') (S1)			20:45
20:45					WALKING VIRTUAL (30') (ZIW)			20:45
21:00	MMA (60') (S1)		MMA (60') (S1)					21:00
21:15	ABDOMINALES (15') (ZEF)	ABDOMINALES (15') (S1)	ABDOMINALES (15') (ZEF)	ABDOMINALES (15') (S1)				21:15
21:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			21:30

**LEYENDA SALAS**

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

**TIPO ACTIVIDAD**

ACUÁTICAS	20:30
BAILE	20:30
CARDIO	20:45
CARDIO-TONO	20:45
CUERPO-MENTE	20:45
TONO	21:00
VIRTUALES	21:15

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(!!): Actividad fuera de cuota