BONAIRE

DEL 1 ABRIL 2019 AL 30 ABRIL 2019

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	Hora de Inicio
MAÑANA (de 9h a 12h)								
8:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			8:30
9:30	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)	PAIDE DANCE (60 ') (S3)			9:30
9:30	BODY COMBAT (60 ') (S3)	PAIDE CROSS (30 ') (ZEF)	BODY PUMP (60 ') (S3)	PAIDE CROSS (30 ') (ZEF)	CICLO (45 ') (SC)			9:30
9:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					9:30
10:00		PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)				10:00
10:30	BODY BALANCE (60 ') (S2)	PILATES (60 ') (S3)	BODY BALANCE (60 ') (S2)	PILATES (60 ') (S3)	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)		10:30
10:30	BODY PUMP (60 ') (S3)		PAIDE CROSS (30 ') (ZEF)		BODY PUMP (60 ') (S3)			10:30
11:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			11:00
11:15						ABDOMINALES (15 ') (S2)		11:15
11:30		GAP (30 ') (S3)		GAP (30 ') (S3)		BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)	11:30
MEDIODÍA (de 12h a 17h)								
12:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			12:00
12:15							ABDOMINALES (15 ') (S2)	12:15
13:00						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:00
13:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			13:15
13:45		PAIDE FUNCIONAL (45 ') (S3)		PAIDE FUNCIONAL (45 ') (S3)				13:45
14:15	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)			14:15
14:30	BODY PUMP (60 ') (S3)	AQUADYNAMIC (45 ') (P)	BODY PUMP (60 ') (S3)	AQUADYNAMIC (45 ') (P)	BODY BALANCE (60 ') (S3)			14:30
14:30	CICLO (45 ') (SC)	BODY COMBAT (60 ') (S2)	CICLO (45 ') (SC)	PILATES (60 ') (S3)	CICLO (45 ') (SC)			14:30
14:30		PILATES (60 ') (S3)		CICLO VIRTUAL (45 ') (SC)				14:30
14:30		CICLO VIRTUAL (45 ') (SC)		PAIDE CROSS (30 ') (ZEF)				14:30
15:00				PAIDE CROSS (30 ') (ZEF)				15:00
16:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				16:00
TARDE (de 17h al cierre)								
17:00			BODY PUMP (60 ') (S3)					17:00
17:30	PAIDE CROSS (30 ') (ZEF)	GAP (30 ') (S3)	PAIDE CROSS (30 ') (ZEF)	GAP (30 ') (S3)				17:30
17:45		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			17:45
18:00	PAIDE DANCE (60 ') (S3)	PILATES (60 ') (S2)	STEP (60 ') (S3)	PILATES (60 ') (S2)	ZUMBA (60 ') (S3)			18:00
18:00	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)	PAIDE DANCE (60 ') (S3)				18:00
18:45	ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)					18:45
19:00	PILATES (60 ') (S2)	YOGA (60 ') (S2)	ZUMBA (60 ') (S3)	BODY BALANCE (60 ') (S3)	YOGA (60 ') (S2)			19:00
19:00	BODY PUMP (60 ') (S3)	BODY COMBAT (60 ') (S3)	PAIDE CROSS (30 ') (ZEF)	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)			19:00
19:00		CICLO (45 ') (SC)			CICLO (45 ') (SC)			19:00
19:15	AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)			19:15
19:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)					19:15
19:30			PAIDE CROSS (30 ') (ZEF)					19:30
20:00	BODY BALANCE (60 ') (S2)	CNPAIDE (30 ') (P)	PILATES (60 ') (S2)	CNPAIDE (30 ') (P)	CICLO VIRTUAL (45 ') (SC)			20:00
20:00	BODY COMBAT (60 ') (S3)	GAP (30 ') (S3)	BODY COMBAT (60 ') (S3)	GAP (30 ') (S3)				20:00
20:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)				20:00
20:30	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)				20:30

LEYENDA SALAS

P: PISCINA
S2: SALA 2
S3: SALA 3
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
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TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

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(!!): Actividad fuera de cuota