

MAÑANA (de 9h a 12h)							
7:15	BODY PUMP (60') (S2)	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S1)	CICLO (45') (SC)	GAP (30') (S2)		7:15
7:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		7:15
7:45					CX WORX (30') (S2)		7:45
8:00			ABDOMINALES (15') (S1)				8:00
8:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		8:15
9:00	PAIDE SALUD (60') (S2)	BODY COMBAT (60') (S2)	ZUMBA (60') (S2)	BODY PUMP (60') (S2)			9:00
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		9:15
9:30					ZUMBA (60') (S2)		9:30
10:00	BODY PUMP (60') (S2)	BODY BALANCE (60') (S1)	GAP (30') (S1)	CICLO (45') (SC)			10:00
10:00		CICLO VIRTUAL (45') (SC)					10:00
10:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)	10:15
10:30			PILATES (60') (S1)		BODY PUMP (60') (S2)		10:30
11:00	PILATES (60') (S1)			BODY BALANCE (60') (S1)		CICLO (45') (SC)	CICLO (45') (SC)
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		11:15
11:45						ABDOMINALES (15') (S2)	11:45

MEDIODÍA (de 12h a 17h)							
12:00					BODY PUMP (60') (S2)	CICLO VIRTUAL (45') (SC)	12:00
12:00					CICLO VIRTUAL (45') (SC)		12:00
12:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		12:15
13:00						CICLO VIRTUAL (45') (SC)	13:00
13:30	CX WORX (30') (S1)	CARDIO IMPACTO (45') (S2)	CX WORX (30') (S1)	BODY COMBAT (45') (S2)			13:30
13:30	BODY COMBAT (45') (S2)		BODY PUMP (45') (S2)				13:30
13:30	CICLO (45') (SC)		CICLO (45') (SC)				13:30
13:45		ZUMBA (45') (S1)		BODY BALANCE (45') (S1)			13:45
13:45		CICLO (45') (SC)		CICLO (45') (SC)			13:45
14:00	PAIDE HIIT (30') (S1)	PAIDE CROSS (30') (ZEF)	PAIDE HIIT (30') (S1)	PAIDE CROSS (30') (ZEF)	CICLO (45') (SC)		14:00
14:00	PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)				14:00
14:15	BODY PUMP (45') (S2)	CX WORX (30') (S2)	BODY COMBAT (45') (S2)	CX WORX (30') (S2)			14:15
14:30	YOGA (60') (S1)	BODY BALANCE (45') (S1)	PILATES (45') (S1)	PAIDE CROSS (30') (ZEF)	YOGA (60') (S1)		14:30
14:30	CICLO (45') (SC)	PAIDE CROSS (30') (ZEF)	CICLO (45') (SC)				14:30
14:30	PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)				14:30
14:45		BODY PUMP (45') (S2)		BODY PUMP (45') (S2)	BODY PUMP (45') (S2)		14:45
14:45		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			14:45
15:15					CICLO VIRTUAL (45') (SC)		15:15
15:30					GAP (30') (S2)		15:30
16:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			16:00
16:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		16:15

TARDE (de 17h al cierre)							
17:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			17:00
17:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		17:15
18:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	BODY PUMP (60') (S2)		18:00
18:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				18:15
18:30	PAIDE CROSS (30') (ZEF)		YOGA (90') (S1)	PAIDE CROSS (30') (ZEF)			18:30
18:30			PAIDE CROSS (30') (ZEF)				18:30
19:00	CX WORX (30') (S2)	ZUMBA (60') (S1)	CX WORX (30') (S2)	ZUMBA (60') (S1)	CICLO (45') (SC)		19:00
19:00		PAIDE HIIT (30') (S2)		PAIDE HIIT (30') (S2)			19:00
19:15	CICLO (45') (SC)		CICLO (45') (SC)				19:15
19:30	YOGA (90') (S1)	BODY PUMP (60') (S2)	BODY COMBAT (60') (S2)	BODY PUMP (60') (S2)			19:30
19:30	BODY COMBAT (60') (S2)	CICLO (45') (SC)		CICLO VIRTUAL (45') (SC)			19:30
19:45					CX WORX (30') (S2)		19:45
20:00		PILATES (60') (S1)	BODY BALANCE (60') (S1)	PILATES (60') (S1)			20:00
20:15	CICLO (45') (SC)		CICLO (45') (SC)				20:15
20:30	BODY PUMP (60') (S2)	CX WORX (30') (S2)	BODY PUMP (60') (S2)	CICLO (45') (SC)			20:30
20:30		CICLO (45') (SC)					20:30

LEYENDA SALAS

S1: SALA 1
 S2: SALA 2
 SC: SALA CICLO
 ZEF: ZONA E. FUNCIONAL
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TIPO ACTIVIDAD

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