

MAÑANA (de 9h a 12h)

9:15		YOGA (45') (S4)		YOGA (45') (S4)				9:15
9:30	CNPAIDE (30') (P)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	9:30
9:30	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	BODY PUMP (45') (S3)			9:30
9:30					CICLO VIRTUAL (45') (SC)			9:30
9:45		CX WORX (30') (S3)		CX WORX (30') (S3)				9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	RECUP. ESPALDA (30') (P)		AQUADYNAMIC (45') (P)	BODY PUMP (45') (S3)		10:00
10:15				PILATES (45') (S4)				10:15
10:30	BODY ATTACK (45') (S3)	BODY COMBAT (45') (S3)	BODY PUMP (45') (S3)	BODY COMBAT (45') (S3)	CICLO (45') (SC)	GAP (30') (S4)	CICLO (45') (SC)	10:30
10:30	PILATES (45') (S4)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO (45') (SC)		10:30
10:30	CICLO VIRTUAL (45') (SC)							10:30
10:45	RECUP. ESPALDA (30') (P)		AQUADYNAMIC (45') (P)		BODY BALANCE (45') (S4)			10:45
11:00		CNPAIDE (30') (P)		CNPAIDE (30') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	11:00
11:00						ZUMBA (45') (S3)		11:00
11:15		PAIDE FUNCIONAL (45') (SO)		PAIDE FUNCIONAL (45') (SO)	RECUP. ESPALDA (30') (P)		PILATES (45') (S4)	11:15
11:30	BODY PUMP (45') (S3)	ZUMBA (45') (S3)	RECUP. ESPALDA (30') (P)	ZUMBA (45') (S3)	CX WORX (30') (S3)	CICLO (45') (SC)	CICLO (45') (SC)	11:30
11:30	BODY BALANCE (45') (S4)		ZUMBA (45') (SO)		CICLO VIRTUAL (45') (SC)			11:30
11:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)	11:45
11:45							BODY COMBAT (45') (S3)	11:45

MEDIODÍA (de 12h a 17h)

12:00						PAIDE FUNCIONAL 3 (45') (S3)		12:00
12:15			AQUAPAIDE (45') (P)					12:15
12:30	CNPAIDE (30') (P)				CICLO VIRTUAL (45') (SC)	YOGA (45') (S4)	PILATES (45') (S4)	12:30
12:30						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	12:30
12:45		RECUP. ESPALDA (30') (P)				AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	12:45
12:45							BODY PUMP (45') (S3)	12:45
13:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:30
14:30	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (60') (P)	INTERVAL ACUÁTICO (60') (P)	ENTRENAMIENTO (60') (P)	AQUADYNAMIC (45') (P)			14:30
14:30	CICLO (45') (SC)	BODY PUMP (45') (S3)	CICLO (45') (SC)	BODY PUMP (45') (S3)	CICLO (45') (SC)			14:30
14:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				14:30
14:45		PILATES (45') (S4)						14:45
15:15	CNPAIDE (30') (P)				CNPAIDE (30') (P)			15:15
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)	BODY PUMP (45') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)		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)			17:30
17:45		PAIDE FUNCIONAL 3 (45') (S3)	ZUMBA (45') (S3)	BODY PUMP (45') (S3)				17:45
18:00	AQUADYNAMIC (45') (P)	RECUP. ESPALDA (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	ENTRENAMIENTO (45') (P)			18:00
18:00	CX WORX (30') (S3)	PILATES (45') (S4)	CICLO VIRTUAL (45') (SC)	PILATES (45') (S4)				18:00
18:15					ZUMBA (45') (S3)			18:15
18:30	CICLO (45') (SC)	AQUAPAIDE (45') (P)	GAP (30') (S4)	CICLO VIRTUAL (45') (SC)				18:30
18:30		CICLO (45') (SC)						18:30
18:45	CNPAIDE (30') (P)	ZUMBA (45') (S3)	CNPAIDE (30') (P)	GAP 3 (30') (S3)				18:45
18:45	BODY COMBAT (45') (S3)		BODY ATTACK (45') (S3)					18:45
19:00	PILATES (45') (S4)	BODY BALANCE (45') (S4)	CICLO (45') (SC)	AQUAPAIDE (45') (P)	CICLO (45') (SC)			19:00
19:00				BODY BALANCE (45') (S4)				19:00
19:15					AQUADYNAMIC (45') (P)			19:15
19:15					BODY ATTACK (45') (S3)			19:15
19:30	CICLO (45') (SC)	CICLO (45') (SC)		BODY COMBAT (45') (S3)				19:30
19:30				CICLO (45') (SC)				19:30
19:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)					19:45
19:45	BODY PUMP (45') (S3)	BODY PUMP (45') (S3)	CX WORX (30') (S3)					19:45
20:00	BODY BALANCE (45') (S4)	PAIDE FUNCIONAL (45') (S4)	CICLO (45') (SC)	RECUP. ESPALDA (30') (P)	CICLO VIRTUAL (45') (SC)			20:00
20:00				PAIDE FUNCIONAL (45') (S4)				20:00
20:15				BODY BALANCE (45') (S4)				20:15
20:15					RECUP. ESPALDA (30') (P)			20:15
20:30	RECUP. ESPALDA (30') (P)	CICLO (45') (SC)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)				20:30
20:30	CICLO (45') (SC)	DUATLÓN (75') (SO)	BODY PUMP (45') (S3)	ZUMBA (45') (S3)				20:30
20:30				CICLO (45') (SC)				20:30
20:30				DUATLÓN (75') (SO)				20:30
20:45	ZUMBA (45') (S3)	BODY COMBAT (45') (S3)						20:45
21:00	YOGA (45') (S4)	PILATES (45') (S4)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)			21:00
21:10			YOGA (45') (S4)					21:10

**LEYENDA SALAS**

P: PISCINA  
S3: SALA 3  
S4: SALA 4  
SC: SALA CICLO  
SO: SALA OUTDOOR

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**TIPO ACTIVIDAD**

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