

MAÑANA (de 9h a 12h)

9:00		YOGA (55 ') (S4)		YOGA (55 ') (S4)				9:00
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)	ENTRENO GUIADO (45 ') (S4)	CICLO (45 ') (SC)	BODY PUMP (55 ') (S3)			9:30
9:30			CICLO (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			9:30
9:45		GRIT ATHLETIC (30 ') (S3)						9:45
10:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	RECUP. ESPALDA (30 ') (P)	GRIT STRENGTH (30 ') (S3)	AQUADYNAMIC (45 ') (P)	BODY PUMP (55 ') (S3)		10:00
10:00	GRIT STRENGTH (30 ') (S3)			PILATES (55 ') (S4)				10:00
10:15				AQUAPAIDE (45 ') (P)				10:15
10:30	ZUMBA (55 ') (S3)	BODY COMBAT (55 ') (S3)	BODY PUMP (55 ') (S3)	BODY COMBAT (55 ') (S3)	BODY BALANCE (55 ') (S4)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
10:30	PILATES (55 ') (S4)	CICLO (45 ') (SC)	PILATES (55 ') (S4)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)			10:30
10:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					10:30
10:45	RECUP. ESPALDA (30 ') (P)		AQUADYNAMIC (45 ') (P)					10:45
11:00		CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)		AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	11:00
11:00				PAIDE FUNCIONAL 4 (55 ') (S4)		ZUMBA (55 ') (S3)	PILATES (55 ') (S4)	11:00
11:15					RECUP. ESPALDA (30 ') (P)			11:15
11:30	BODY PUMP (55 ') (S3)	ZUMBA (55 ') (S3)	RECUP. ESPALDA (30 ') (P)	ZUMBA (55 ') (S3)	PAIDE FUNCIONAL 4 (55 ') (S4)	PAIDE FUNCIONAL 4 (55 ') (S4)	BODY COMBAT (55 ') (S3)	11:30
11:30	PAIDE FUNCIONAL 4 (55 ') (S4)	PAIDE FUNCIONAL 4 (55 ') (S4)	XCORE (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	11:30
11:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY BALANCE (55 ') (S4)					11:30
11:30			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

MEDIODÍA (de 12h a 17h)

12:00				ENTRENO GUIADO (45 ') (S4)				12:00
12:15			AQUAPAIDE (45 ') (P)					12:15
12:30	CNPAIDE (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY BALANCE (55 ') (S4)	BODY PUMP (55 ') (S3)	12:30
12:30	CICLO VIRTUAL (45 ') (SC)					CICLO VIRTUAL (45 ') (SC)	PILATES (55 ') (S4)	12:30
12:30							CICLO VIRTUAL (45 ') (SC)	12:30
12:45		RECUP. ESPALDA (30 ') (P)				AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	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 (55 ') (P)	ENTRENAMIENTO (60 ') (P)	AQUADYNAMIC (45 ') (P)			14:30
14:30	GRIT ATHLETIC (30 ') (S3)	BODY PUMP (55 ') (S3)	GRIT STRENGTH (30 ') (S3)	BODY PUMP (55 ') (S3)	CICLO (45 ') (SC)			14:30
14:30	CICLO (45 ') (SC)	PILATES (55 ') (S4)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				14:30
14:30		CICLO VIRTUAL (45 ') (SC)						14:30
15:00	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)					15:00
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 (55 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)		16:30
16:30			CICLO VIRTUAL (45 ') (SC)					16:30

TARDE (de 17h al cierre)

17:00				ENTRENO GUIADO (45 ') (S4)				17:00
17:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			17:30
18:00	AQUADYNAMIC (45 ') (P)	RECUP. ESPALDA (30 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (60 ') (P)			18:00
18:00	BODY COMBAT (55 ') (S3)	GRIT STRENGTH (30 ') (S3)	ZUMBA (55 ') (S3)	BODY PUMP (55 ') (S3)	ZUMBA (55 ') (S3)			18:00
18:00	PAIDE FUNCIONAL (55 ') (ZEF)	PILATES (55 ') (S4)	PAIDE FUNCIONAL (55 ') (ZEF)	PILATES (55 ') (S4)				18:00
18:00				PAIDE FUNCIONAL (55 ') (ZEF)				18:00
18:30	CICLO (45 ') (SC)	AQUAPAIDE (45 ') (P)		CICLO VIRTUAL (45 ') (SC)				18:30
18:30		ZUMBA (55 ') (S3)						18:30
18:30		CICLO (45 ') (SC)						18:30
18:45	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)					18:45
19:00	XCORE (45 ') (S3)	BODY BALANCE (55 ') (S4)	XCORE (45 ') (S3)	AQUAPAIDE (45 ') (P)	XCORE (45 ') (S3)			19:00
19:00	PILATES (55 ') (S4)		PILATES (55 ') (S4)	GRIT CARDIO 3 (30 ') (S3)	CICLO (45 ') (SC)			19:00
19:00			CICLO (45 ') (SC)	BODY BALANCE (55 ') (S4)				19:00
19:15					AQUADYNAMIC (45 ') (P)			19:00
19:30	CICLO (45 ') (SC)	BODY PUMP (55 ') (S3)		BODY COMBAT (55 ') (S3)				19:15
19:30		CICLO (45 ') (SC)		CICLO (45 ') (SC)				19:30
19:45	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)					19:45
20:00	BODY PUMP (55 ') (S3)	PAIDE FUNCIONAL 4 (55 ') (S4)	GRIT ATHLETIC (30 ') (S3)	RECUP. ESPALDA (30 ') (P)	BODY PUMP (55 ') (S3)			20:00
20:00	BODY BALANCE (55 ') (S4)		BODY BALANCE (55 ') (S4)	PAIDE FUNCIONAL 4 (55 ') (S4)	CICLO VIRTUAL (45 ') (SC)			20:00
20:00			CICLO (45 ') (SC)					20:00
20:15					RECUP. ESPALDA (30 ') (P)			20:15
20:30	RECUP. ESPALDA (30 ') (P)	BODY COMBAT (55 ') (S3)	RECUP. ESPALDA (30 ') (P)	CNPAIDE (30 ') (P)				20:30
20:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (55 ') (S3)	ZUMBA (55 ') (S3)				20:30
20:30				CICLO (45 ') (SC)				20:30
20:45		TRIATLÓN (90 ') (SO)		TRIATLÓN (90 ') (SO)				20:45
21:00	ENTRENAMIENTO (60 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (60 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)			21:00
21:00	ZUMBA (55 ') (S3)	PILATES (55 ') (S4)	YOGA (55 ') (S4)	ENTRENO GUIADO (45 ') (S4)	CICLO VIRTUAL (45 ') (SC)			21:00
21:00	YOGA (55 ') (S4)		CICLO VIRTUAL (45 ') (SC)					21:00
21:00	RUNNING (90 ') (SO)							21:00
21:00	PAIDE FUNCIONAL (55 ') (ZEF)							21:00
21:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)						21:30

**LEYENDA SALAS**

P: PISCINA  
S3: SALA 3  
S4: SALA 4  
SC: SALA CICLO  
SO: SALA OUTDOOR  
ZEF: ZONA E. FUNCIONAL

**TIPO ACTIVIDAD**

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	