

MAÑANA (de 9h a 12h)

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

12:15			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)	YOGA (45') (S4)	BODY PUMP (45') (S3)	12:30
12:30	CICLO VIRTUAL (45') (SC)					CICLO VIRTUAL (45') (SC)	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
14:15	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	INTERVAL ACUÁTICO (45') (P)	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)			14:15
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
15:00	CNPAIDE (30') (P)				CNPAIDE (30') (P)			15:00
15:30	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)	15:30
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			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)	CICLO VIRTUAL (45') (SC)			17:30
18:00	AQUADYNAMIC (45') (P)	RECUP. ESPALDA (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	ZUMBA (45') (S3)	ENTRENAMIENTO (45') (P)		18:00
18:15	BODY COMBAT (45') (S3)	PILATES (45') (S4)	ZUMBA (45') (S3)	PILATES (45') (S4)	ZUMBA (45') (S3)			18:15
18:30	CICLO (45') (SC)	AQUAPAIDE (45') (P)		BODY PUMP (45') (S3)				18:30
18:30		CICLO (45') (SC)		CICLO VIRTUAL (45') (SC)				18:30
18:45	CNPAIDE (30') (P)	ZUMBA (45') (S3)	CNPAIDE (30') (P)	AQUAPAIDE (45') (P)				18:45
18:45	PILATES (45') (S4)		PILATES (45') (S4)					18:45
19:00			CICLO (45') (SC)		CICLO (45') (SC)			19:00
19:15	BODY PUMP (45') (S3)	BODY BALANCE (45') (S4)	BODY ATTACK (45') (S3)	BODY BALANCE (45') (S4)	AQUADYNAMIC (45') (P)			19:15
19:30	CICLO (45') (SC)	AQUADYNAMIC (45') (P)		BODY COMBAT (45') (S3)				19:30
19:30		CICLO (45') (SC)		CICLO (45') (SC)				19:30
19:45	AQUAPAIDE (45') (P)	BODY PUMP (45') (S3)	AQUAPAIDE (45') (P)		BODY PUMP (45') (S3)			19:45
20:00			CICLO (45') (SC)	RECUP. ESPALDA (30') (P)	CICLO VIRTUAL (45') (SC)			20:00
20:15	ZUMBA (45') (S3)			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)		BODY PUMP (45') (S3)	CICLO (45') (SC)				20:30
20:45		BODY COMBAT (45') (S3)						20:45
21:00	YOGA (45') (S4)	CNPAIDE (30') (P)	YOGA (45') (S4)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)			21:00
21:00			CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			21:00
21:15	ENTRENAMIENTO (30') (P)		ENTRENAMIENTO (30') (P)					21:15
21:15	GAP (30') (S3)							21:15
21:30		RECUP. ESPALDA (30') (P)						21:30
21:45		ZUMBA (45') (S3)						21:45

LEYENDA SALAS

P: PISCINA  
S3: SALA 3  
S4: SALA 4  
SC: SALA CICLO  
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TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	