

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					AQUAPAIDE (45') (P)				10:15
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') (S4)		PAIDE FUNCIONAL (45') (S4)	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)	CICLO VIRTUAL (45') (SC)	ZUMBA (45') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				11:30
11:30	CICLO VIRTUAL (45') (SC)		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)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	YOGA (45') (S4)	PILATES (45') (S4)	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
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)	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
16:30			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
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)		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			PILATES (45') (S4)		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)		RECUP. ESPALDA (30') (P)				20:15
20:15					BODY PUMP (45') (S3)				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)	ZUMBA (45') (S3)					20:30
20:30				CICLO (45') (SC)					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
21:15			YOGA (45') (S4)						21:15

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	