

MAÑANA (de 9h a 12h)

7:45	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (45') (S1)	CICLO (45') (SC)		7:45
7:45		CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)	PAIDE TOTAL (45') (S2)			7:45
7:45				CICLO VIRTUAL (45') (SC)			7:45
8:30	ABDOMINALES (15') (S2)				ABDOMINALES (15') (S2)		8:30
9:15	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	ZUMBA (55') (S1)		9:15
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		BODY BALANCE (45') (S2)		9:15
9:15					CICLO VIRTUAL (45') (SC)		9:15
9:30	BODY PUMP (45') (S1)	ZUMBA (55') (S1)	BODY COMBAT 1 (45') (S1)				9:30
10:00	RECUP. ESPALDA (30') (P)			PAIDE CROSS (30') (ZEF)			10:00
10:15	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC. (45') (P)	BODY BALANCE (45') (S2)	AQUADYNAMIC. (45') (P)	BODY PUMP (45') (S1)	CICLO (45') (SC)	10:15
10:15		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	YOGA (55') (S2)	CICLO VIRTUAL (45') (SC)		10:15
10:15				CICLO VIRTUAL (45') (SC)			10:15
10:30		PAIDE TOTAL (45') (S2)		GLUTEBOOM (45') (S1)			10:30
11:00		RECUP. ESPALDA (30') (P)		RECUP. ESPALDA (30') (P)			11:00
11:15	AQUADYNAMIC (45') (P)	GLUTEBOOM (45') (S1)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC. (45') (P)	BODY PUMP (45') (S1)	11:15
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	11:15
11:30	YOGA (55') (S2)						11:30

MEDIODÍA (de 12h a 17h)

12:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	12:15
12:15						CICLO VIRTUAL (45') (SC)	12:15
13:15	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY COMBAT 2 (45') (S2)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:15
13:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			13:15
14:00	BODY PUMP (45') (S1)		ZUMBA (55') (S2)				14:00
14:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		14:15
15:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		15:15
15:30	GLUTEBOOM (45') (S1)		BODY PUMP (45') (S1)	ZUMBA (55') (S1)			15:30
16:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		BODY PUMP (45') (S1)		16:15
16:15					CICLO VIRTUAL (45') (SC)		16:15
16:30	BODY PUMP (45') (S1)		AQUADYNAMIC (45') (P)	CICLO (45') (SC)			16:30
16:45		BODY COMBAT 2 (45') (S2)					16:45

TARDE (de 17h al cierre)

17:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (30') (SC)	CICLO (45') (SC)		17:15
17:30							17:30
18:00	ZUMBA (55') (S1)	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (45') (S1)	YOGA (55') (S2)		18:00
18:00	PAIDE CROSS (30') (ZEF)			PAIDE TOTAL (45') (S2)			18:00
18:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (30') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (30') (SC)	BODY COMBAT 1 (45') (S1)		18:15
18:15					CICLO VIRTUAL (45') (SC)		18:15
18:30	PAIDE TOTAL (45') (S2)						18:30
18:45				ABDOMINALES (15') (S2)			18:45
19:00		ABDOMINALES (15') (S2)	YOGA (55') (S2)	GLUTEBOOM (45') (S1)			19:00
19:00				ZUMBA (55') (S2)			19:00
19:15	AQUADYNAMIC (45') (P)	BODY BALANCE (45') (S1)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		19:15
19:15	CICLO (45') (SC)	CICLO (45') (SC)	BODY PUMP (45') (S1)				19:15
19:15			CICLO VIRTUAL (45') (SC)				19:15
19:30	BODY COMBAT 1 (45') (S1)	CNPAIDE (45') (P)		CNPAIDE (45') (P)			19:30
20:00	CNPAIDE (45') (P)			CNPAIDE (45') (P)			20:00
20:00				BODY COMBAT 2 (45') (S2)			20:00
20:15	GLUTEBOOM (45') (S1)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)		20:15
20:15	BODY BALANCE (45') (S2)	YOGA (55') (S2)		BODY PUMP (45') (S1)			20:15
20:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			20:15
20:30		BODY PUMP (45') (S1)					20:30
20:45			ZUMBA (55') (S1)				20:45
21:15	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (45') (SC)		21:15

LEYENDA SALAS

P: PISCINA  
 S1: SALA 1  
 S2: SALA 2  
 SC: SALA CICLO  
 ZEF: ZONA E. FUNCIONAL

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TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	