

Hora de Inicio	 <b>BASSA</b>						DEL 1 MAYO 2022 AL 31 MAYO 2022		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO		

**MAÑANA (de 9h a 12h)**

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

**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)	CICLO VIRTUAL (45') (SC)	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)	CICLO VIRTUAL (45') (SC)	13:15
14:00	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	ZUMBA (45') (S1)	CICLO VIRTUAL (45') (SC)				14:00
14:15	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)			15:15
15:30			BODY BALANCE (45') (S2)	ZUMBA (45') (S1)	BODY PUMP (45') (S1)			15:30
15:30				CICLO VIRTUAL (45') (SC)				15:30
16:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			16:15
16:30	BODY PUMP (45') (S1)		AQUADYNAMIC (45') (P)	PAIDE TOTAL (45') (S2)	AQUADYNAMIC (45') (P)			16:30
16:45		BODY COMBAT 1 (45') (S1)						16:45

**TARDE (de 17h al cierre)**

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

LEYENDA SALAS	
P:	PISCINA
S1:	SALA 1
S2:	SALA 2
SC:	SALA CICLO
ZEF:	ZONA E. FUNCIONAL
:	
TIPO ACTIVIDAD	
	ACUÁTICAS
	BAILE
	CARDIO
	CARDIO-TONO
	CUERPO-MENTE
	TONO
	VIRTUALES

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(!!): Actividad fuera de cuota