


Hora de Inicio	 BONAIRE						DEL 1 NOVIEMBRE 2022 AL 30 NOVIEMBRE 2022		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
8:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				8:30
9:30	AQUADYNAMIC (45 ') (P)	GAP (45 ') (S3)	AQUADYNAMIC (45 ') (P)	PAIDE CROSS (45 ') (ZEF)	PAIDE DANCE (45 ') (S3)				9:30
9:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						9:30
9:45	BODY COMBAT 3 (45 ') (S3)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	CICLO (45 ') (SC)				9:45
10:30	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S3)		PILATES (45 ') (S3)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	CICLO (45 ') (SC)		10:30
10:45	BODY PUMP (45 ') (S3)		BODY BALANCE (45 ') (S3)		AQUAPAIDE (45 ') (P)				10:45
11:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				11:00
11:30						BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)		11:30
11:30						CICLO VIRTUAL (45 ') (SC)			11:30
MEDIODÍA (de 12h a 17h)									
12:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				12:00
12:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		12:30
13:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				13:15
13:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		13:30
13:45		PAIDE FUNCIONAL (45 ') (S3)		PAIDE FUNCIONAL (45 ') (S3)					13:45
14:15	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)						14:15
14:30	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)	PILATES (45 ') (S2)	BODY BALANCE (45 ') (S2)				14:30
14:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	ZUMBA (45 ') (S3)	CICLO (45 ') (SC)				14:30
14:30		PAIDE CROSS (30 ') (ZEF)		CICLO VIRTUAL (45 ') (SC)					14:30
14:30				PAIDE CROSS (30 ') (ZEF)					14:30
16:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				16:00
TARDE (de 17h al cierre)									
17:00	BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				17:00
17:00	CICLO VIRTUAL (45 ') (SC)								17:00
18:00	ZUMBA (45 ') (S3)	GAP (45 ') (S3)	BODY PUMP (45 ') (S3)	PAIDE FUNCIONAL (45 ') (S3)	ZUMBA (45 ') (S3)				18:00
18:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					18:00
18:15	CICLO (45 ') (SC)	PILATES (45 ') (S2)	CICLO (45 ') (SC)	PILATES (45 ') (S2)	CICLO (45 ') (SC)				18:15
19:00	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	GAP (45 ') (S3)	PAIDE DANCE (45 ') (S3)	BODY PUMP (45 ') (S3)				19:00
19:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)					19:00
19:00				PAIDE CROSS (30 ') (ZEF)					19:00
19:15	PILATES (45 ') (S2)	YOGA (45 ') (S2)	BODY BALANCE (45 ') (S2)		YOGA (45 ') (S2)				19:15
19:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				19:15
19:30	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)					19:30
19:45					CNPAIDE (45 ') (P)				19:45
20:00	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)					20:00
20:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)					20:00
20:15	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)						20:15
20:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						20:15

LEYENDA SALAS	
P: PISCINA	17:00
S2: SALA 2	18:00
S3: SALA 3	18:15
SC: SALA CICLO	19:00
ZEF: ZONA E. FUNCIONAL	19:00
:	19:00
:	19:15
TIPO ACTIVIDAD	
ACUÁTICAS	19:30
BAILE	19:45
CARDIO	20:00
CARDIO-TONO	20:15
CUERPO-MENTE	20:15
TONO	
VIRTUALES	

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(!!): Actividad fuera de cuota