

Hora de Inicio	 <b>CORREDOR</b>							<b>DEL 1 DICIEMBRE 2020 AL 31 DICIEMBRE 2020</b>	Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO		

**MAÑANA (de 9h a 12h)**

9:15	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	ENTRENAMIENTO (45 ') (P)			9:15
9:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			9:15
9:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			9:30
9:45	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)				9:45
10:00	BODY PUMP (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	BODY PUMP (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	AQUAPAIDE (45 ') (P)			10:00
10:00		CICLO VIRTUAL (45 ') (SC)		PAIDE CROSS (30 ') (ZEF)	GAP 1 (45 ') (S1)			10:00
10:15	CICLO (45 ') (SC)	ZUMBA (45 ') (S1)	CICLO (45 ') (SC)	YOGA 1 (45 ') (S1)	CICLO (45 ') (SC)			10:15
10:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
10:30						WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	10:30
11:00	PILATES (45 ') (S1)	YOGA 2 (45 ') (S2)	PAIDE TOTAL (45 ') (S2)	ZUMBA (45 ') (S2)	BODY BALANCE (45 ') (S1)		RECUP. ESPALDA (30 ') (P)	11:00
11:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				11:00
11:15	BODY COMBAT 2 (45 ') (S2)		BODY BALANCE (45 ') (S1)		CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	11:15
11:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					11:15
11:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	BODY PUMP (45 ') (S1)	AQUADYNAMIC (45 ') (P)	11:30
11:30						CICLO VIRTUAL (45 ') (SC)	FIT BALL 1 (45 ') (S1)	11:30
11:30							CICLO VIRTUAL (45 ') (SC)	11:30
11:45		PILATES (45 ') (S1)		PILATES (45 ') (S1)				11:45

**MEDIODÍA (de 12h a 17h)**

12:00	RECUP. ESPALDA (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	12:00
12:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				12:00
12:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			12:15
12:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	BODY BALANCE (45 ') (S1)	CICLO (45 ') (SC)	12:30
12:30						CICLO VIRTUAL (45 ') (SC)		12:30
12:45						WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	12:45
13:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				13:00
13:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			13:15
13:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:30
13:30						WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	13:30
14:30	ENTRENAMIENTO (45 ') (P)	MÁSTER NATACIÓN (30 ') (P)	ENTRENAMIENTO (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)			14:30
14:30	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S1)	CICLO (45 ') (SC)			14:30
14:30	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)			14:30
14:30		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)				14:30
15:00		AQUADYNAMIC (45 ') (P)						15:00
15:15					RECUP. ESPALDA (30 ') (P)			15:15
15:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)			15:30
15:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)			15:30
16:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)			16:30
16:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)			16:30

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

17:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		17:00
17:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)		17:30
17:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			17:30
18:15	FIT BALL 1 (45 ') (S1)	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)	BODY COMBAT 1 (45 ') (S1)	YOGA 1 (45 ') (S1)			18:15
18:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)			18:30
18:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				18:30
18:45	BODY BALANCE (45 ') (S2)	GAP 2 (45 ') (S2)	PAIDE TOTAL (45 ') (S2)	PAIDE FUNCIONAL (45 ') (S2)				18:45
19:00					CICLO (45 ') (SC)			19:00
19:15	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)	ZUMBA (45 ') (S1)	BODY PUMP (45 ') (S1)	ZUMBA (45 ') (S1)			19:15
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)			19:30
19:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				19:30
19:45	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)				19:45
19:45	ZUMBA (45 ') (S2)	BODY COMBAT 2 (45 ') (S2)	BODY BALANCE (45 ') (S2)					19:45
20:00					AQUADYNAMIC (45 ') (P)			20:00
20:00					CICLO VIRTUAL (45 ') (SC)			20:00
20:15		YOGA 1 (45 ') (S1)	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)				20:15
20:30	RECUP. ESPALDA (30 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)	ENTRENAMIENTO (45 ') (P)	WALKING VIRTUAL (30 ') (ZIW)			20:30
20:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				20:30
20:30	PAIDE CROSS (30 ') (ZEF)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				20:30
20:30	WALKING VIRTUAL (30 ') (ZIW)							20:30
20:45		PAIDE TOTAL (45 ') (S2)						20:45

**LEYENDA SALAS**

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

**TIPO ACTIVIDAD**

ACUÁTICAS  
BAILE  
CARDIO  
CARDIO-TONO  
CUERPO-MENTE  
TONO  
VIRTUALES