

MAÑANA (de 9h a 12h)

9:15									9:15
9:30	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	RECUP. ESPALDA (30') (P)	ENTRENAMIENTO (45') (P)			9:30
9:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			9:30
9:45	ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)						9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	AQUAPAIDE (45') (P)				10:00
10:00	BODY PUMP (60') (S1)	ZUMBA (60') (S1)	BODY PUMP (60') (S1)	YOGA (60') (S1)	GAP 1 (60') (S1)				10:00
10:00	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S2)	PAIDE TOTAL (45') (S2)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)				10:00
10:00		CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	PAIDE CROSS (30') (ZEF)					10:00
10:15						ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)		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
10:45		ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)				10:45
11:00	PILATES (60') (S1)	YOGA (60') (S1)	FIT BALL 1 (45') (S1)	ZUMBA (60') (S2)	BODY BALANCE (60') (S1)		RECUP. ESPALDA (30') (P)		11:00
11:00	BODY COMBAT 2 (60') (S2)	CICLO (45') (SC)	BODY BALANCE (60') (S2)	CICLO (45') (SC)	PAIDE TOTAL (45') (S2)				11:00
11:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (60') (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

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)				12:00
12:00	CICLO VIRTUAL (45') (SC)	PILATES (60') (S1)	CICLO VIRTUAL (45') (SC)	PILATES (60') (S1)	CICLO VIRTUAL (45') (SC)				12:00
12:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	ABDOMINALES (15') (S2)		12:30
12:30							WALKING VIRTUAL (30') (ZIW)		12:30
12:45							CICLO (45') (SC)	CICLO (45') (SC)	12:45
13:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	ABDOMINALES (15') (S2)	WALKING VIRTUAL (30') (ZIW)	13:30
13:30							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	PAIDE TOTAL (45') (S2)	BODY PUMP (60') (S1)	BODY BALANCE (60') (S1)	BODY PUMP (60') (S1)	PILATES (60') (S1)				14:30
14:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	ZUMBA (60') (S2)	CICLO (45') (SC)				14:30
14:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)				14:30
14:30				WALKING VIRTUAL (30') (ZIW)					14:30
15:15	ABDOMINALES (15') (S2)	AQUADYNAMIC (45') (P)	ABDOMINALES (15') (S2)	ENTRENAMIENTO (45') (P)	RECUP. ESPALDA (30') (P)				15:15
15:15		ABDOMINALES (15') (S2)			ABDOMINALES (15') (S2)				15:15
15:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	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)		WALKING VIRTUAL (30') (ZIW)				15:30
16:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				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
17:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				17:30
18:00					YOGA (60') (S1)				18:00
18:15				ABDOMINALES (15') (S1)					18:15
18:30	FIT BALL 1 (45') (S1)	BODY PUMP (60') (S1)	PILATES (60') (S1)	BODY COMBAT 1 (60') (S1)	WALKING VIRTUAL (30') (ZIW)				18:30
18:30	BODY BALANCE (60') (S2)	GAP 2 (45') (S2)	PAIDE TOTAL (45') (S2)	CICLO (45') (SC)					18:30
18:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	WALKING VIRTUAL (30') (ZIW)					18:30
18:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						18:30
19:00					ZUMBA (60') (S1)				19:00
19:00					CICLO (45') (SC)				19:00
19:15	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)					19:15
19:30	AQUADYNAMIC (45') (P)	MÁSTER NATACIÓN (30') (P)	AQUADYNAMIC (45') (P)	RECUP. ESPALDA (30') (P)	WALKING VIRTUAL (30') (ZIW)				19:30
19:30	BODY PUMP (60') (S1)	PILATES (60') (S1)	ZUMBA (60') (S1)	BODY PUMP (60') (S1)					19:30
19:30	ZUMBA (60') (S2)	BODY COMBAT 2 (60') (S2)	BODY BALANCE (60') (S2)	PAIDE FUNCIONAL (45') (S2)					19:30
19:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)					19:30
19:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)					19:30
19:45					ABDOMINALES (15') (S2)				19:45
20:00		AQUAPAIDE (45') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)				20:00
20:15	RECUP. ESPALDA (30') (P)		INICIACIÓN (30') (P)	ABDOMINALES (15') (S2)					20:15
20:30	CICLO (45') (SC)	YOGA (60') (S1)	BODY PUMP (60') (S1)	PILATES (60') (S1)	WALKING VIRTUAL (30') (ZIW)				20:30
20:30	TRIATLÓN (60') (SO)	PAIDE TOTAL (45') (S2)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					20:30
20:30	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)	TRIATLÓN (60') (SO)	WALKING VIRTUAL (30') (ZIW)					20:30
20:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						20:30
21:15	ABDOMINALES (15') (S2)								21:15
21:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				21:30

LEYENDA SALAS

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

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TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	