

MAÑANA (de 9h a 12h)								
9:15	ENTRENAMIENTO (45 ') (P)		ENTRENAMIENTO (45 ') (P)		ENTRENAMIENTO (45 ') (P)			9:15
9:15					CICLO VIRTUAL (45 ') (SC)			9:15
9:30	WALKING VIRTUAL (35 ') (ZIW)	RECUP. ESPALDA (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	RECUP. ESPALDA (30 ') (P)	WALKING VIRTUAL (35 ') (ZIW)			9:30
9:30		CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)				9:30
9:30		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)				9:30
9:45	ABDOMINALES (15 ') (S1)							9:45
10:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	GAP 1 (45 ') (S1)			10:00
10:00	CICLO (45 ') (SC)	GAP 1 (45 ') (S1)	PILATES (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)				10:00
10:15	PAIDE DANCE (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	PAIDE CROSS (30 ') (ZEF)	PILATES (45 ') (S1)	CICLO (45 ') (SC)			10:15
10:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	RECUP. ESPALDA (30 ') (P)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
10:30			WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	10:30
10:45			ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)			10:45
11:00	BODY BALANCE (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	AQUADYNAMIC (45 ') (P)		RECUP. ESPALDA (30 ') (P)	11:00
11:00					BODY BALANCE (45 ') (S1)			11:00
11:15	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)	PAIDE DANCE 2 (45 ') (S2)	FIT BALL 1 (45 ') (S1)		ABDOMINALES (15 ') (S2)		11:15
11:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	GAP 1 (45 ') (S1)	AQUAPAIDE (45 ') (P)	11:30
11:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S1)	11:30
11:30						WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	11:30
11:30							WALKING VIRTUAL (35 ') (ZIW)	11:30
11:45		ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)				11:45

MEDIODÍA (de 12h a 17h)								
12:00	INICIACIÓN (30 ') (P)			RECUP. ESPALDA (30 ') (P)				12:00
12:30	CICLO VIRTUAL (45 ') (SC)	RECUP. ESPALDA (30 ') (P)	INICIACIÓN (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY BALANCE (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	12:30
12:30	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	12:30
12:30		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	12:30
13:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:30
13:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	13:30
14:30	ENTRENAMIENTO (45 ') (P)	ENTRENAMIENTO (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)			14:30
14:30	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S2)	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S1)			14:30
14:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)			14:30
14:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)			14:30
15:00					RECUP. ESPALDA (30 ') (P)			15:00
15:15	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)			15:15
15:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			15:30
15:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			15:30
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			16:30
16:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			16:30

TARDE (de 17h al cierre)								
17:15			ABDOMINALES (15 ') (S2)					17:15
17:30	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)			17:30
17:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				17:30
17:45				ABDOMINALES (15 ') (S1)				17:45
18:00			ABDOMINALES (15 ') (S2)	PAIDE FUNCIONAL (45 ') (S2)				18:00
18:15	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)	BODY PUMP (45 ') (S1)	BODY COMBAT 1 (45 ') (S1)	ABDOMINALES (15 ') (S2)			18:15
18:15	CICLO (45 ') (SC)	CICLO (45 ') (SC)						18:15
18:30	PILATES (45 ') (S1)	BODY BALANCE (45 ') (S1)	PAIDE DANCE 2 (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S1)			18:30
18:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	CICLO (45 ') (SC)			18:30
18:30					WALKING VIRTUAL (35 ') (ZIW)			18:30
19:00	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)						19:00
19:15	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	ABDOMINALES (15 ') (S2)				19:15
19:30	BODY PUMP (45 ') (S1)	BODY COMBAT 1 (45 ') (S1)	GAP 1 (45 ') (S1)	BODY BALANCE (45 ') (S1)	FIT BALL 1 (45 ') (S1)			19:30
19:30	PAIDE FUNCIONAL (45 ') (S2)	PAIDE DANCE 2 (45 ') (S2)	PAIDE FUNCIONAL (45 ') (S2)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			19:30
19:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			19:30
19:45	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)				19:45
20:15					AQUADYNAMIC (45 ') (P)			20:15
20:15					ABDOMINALES (15 ') (S2)			20:15
20:30	ENTRENAMIENTO (45 ') (P)	RECUP. ESPALDA (30 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)	CICLO VIRTUAL (45 ') (SC)			20:30
20:30	GAP 1 (45 ') (S1)	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)			20:30
20:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)				20:30
20:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				20:30
21:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			21:30
21:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			21:30

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	