

Hora de Inicio	 CORREDOR DEL 1 JULIO 2022 AL 31 JULIO 2022							Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	

MAÑANA (de 9h a 12h)

9:15			ENTRENAMIENTO (45') (P)		ENTRENAMIENTO (45') (P)			9:15
9:30	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	WALKING VIRTUAL (30') (ZIW)	RECUP. ESPALDA (30') (P)	WALKING VIRTUAL (30') (ZIW)			9:30
9:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)		WALKING VIRTUAL (30') (ZIW)				9:30
9:30		WALKING VIRTUAL (30') (ZIW)						9:30
9:45	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S2)					9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)			10:00
10:00	CICLO (45') (SC)	BODY PUMP (45') (S1)	BODY BALANCE (45') (S1)	BODY PUMP (45') (S1)	GAP 1 (45') (S1)			10:00
10:00			CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			10:00
10:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (45') (S1)	CICLO (45') (SC)	10:30
10:30		WALKING VIRTUAL (30') (ZIW)				CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	10:30
10:30						WALKING VIRTUAL (30') (ZIW)		10:30
11:00	BODY BALANCE (45') (S1)	PAIDE DANCE (45') (S1)	CICLO (45') (SC)	PILATES (45') (S1)	CICLO (45') (SC)		RECUP. ESPALDA (30') (P)	11:00
11:00	CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)				11:00
11:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	BODY BALANCE (45') (S1)	AQUADYNAMIC (45') (P)	11:30
11:30		WALKING VIRTUAL (30') (ZIW)				CICLO VIRTUAL (45') (SC)	PAIDE FUNCIONAL (45') (S2)	11:30
11:30						WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	11:30
11:30							WALKING VIRTUAL (30') (ZIW)	11:30

MEDIODÍA (de 12h a 17h)

12:00	PAIDE FUNCIONAL (45') (S2)	PILATES (45') (S1)	PAIDE FUNCIONAL (45') (S2)	PAIDE DANCE (45') (S1)	BODY BALANCE (45') (S1)			12:00
12:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			12:00
12:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	12:30
12:30		WALKING VIRTUAL (30') (ZIW)				WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	12:30
13:00	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	INICIACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)			13:00
13:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			13:00
13:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	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)	WALKING VIRTUAL (30') (ZIW)	13:30
14:00				CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			14:00
14:30	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	AQUAPAIDE (45') (P)	ENTRENAMIENTO (45') (P)	INICIACIÓN (30') (P)			14:30
14:30	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY BALANCE (45') (S1)	PAIDE FUNCIONAL (45') (S2)			14:30
14:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			14:30
14:30		WALKING VIRTUAL (30') (ZIW)						14:30
15:00				CICLO VIRTUAL (45') (SC)	RECUP. ESPALDA (30') (P)			15:00
15:00					CICLO VIRTUAL (45') (SC)			15:00
15:15	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S2)					15:15
15:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			15:30
15:30		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)					15:30
16:00	CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			16:00
16:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			16:30
16:30		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)			17:00
17:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			17:30
17:30		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)					17:30
17:45	ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)					17:45
18:00	BODY COMBAT 1 (45') (S1)	FIT BALL 1 (45') (S1)	PAIDE DANCE (45') (S1)	PILATES (45') (S1)	GAP 1 (45') (S1)			18:00
18:00				CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			18:00
18:30	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			18:30
18:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)					18:30
19:00	BODY PUMP (45') (S1)	BODY PUMP (45') (S1)	GAP 1 (45') (S1)	BODY PUMP (45') (S1)	BODY BALANCE (45') (S1)			19:00
19:00				CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			19:00
19:30	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			19:30
19:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)					19:30
19:30	WALKING VIRTUAL (30') (ZIW)							19:30
19:45		AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)				19:45
20:00	BODY BALANCE (45') (S1)	PILATES (45') (S1)	BODY BALANCE (45') (S1)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)			20:00
20:30	ENTRENAMIENTO (45') (P)	RECUP. ESPALDA (30') (P)	ENTRENAMIENTO (45') (P)	INICIACIÓN (30') (P)	WALKING VIRTUAL (30') (ZIW)			20:30
20:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)				20:30
20:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)					20:30
21:00				CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			21:00
21:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			21:30
21:30	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
ZIW: ZONA IND. WALKING

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES