

MAÑANA (de 9h a 12h)

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

MEDIODÍA (de 12h a 17h)

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

TARDE (de 17h al cierre)

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

<b>LEYENDA SALAS</b>	
P: PISCINA	18:30
S1: SALA 1	18:30
S2: SALA 2	18:45
SC: SALA CICLO	19:15
ZEF: ZONA E. FUNCIONAL	19:30
ZIW: ZONA IND. WALKING	19:30
<b>TIPO ACTIVIDAD</b>	
ACUÁTICAS	19:45
BAILE	20:00
CARDIO	20:30
CARDIO-TONO	20:30
CUERPO-MENTE	20:30
TONO	20:45
VIRTUALES	21:30