

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)	PAIDE TOTAL (45 ') (S2)	YOGA 1 (45 ') (S1)	CICLO (45 ') (SC)			10:15
10:15			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)	FIT BALL 1 (45 ') (S1)	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S1)		RECUP. ESPALDA (30 ') (P)	11:00
11:00		CICLO (45 ') (SC)						11:00
11:15	BODY COMBAT 2 (45 ') (S2)		BODY BALANCE (45 ') (S2)	ZUMBA (45 ') (S1)	PAIDE TOTAL (45 ') (S2)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	11:15
11:15	CICLO VIRTUAL (45 ') (SC)		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)						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)	PILATES (45 ') (S1)	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 ') (S2)	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)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)			14:30
14:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)			14:30
14:30				WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			14:30
14:45	PAIDE TOTAL (45 ') (S2)	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)	BODY BALANCE (45 ') (S2)				14:45
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)						17:00
17:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	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)			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 (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)	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 (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (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
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
ZEF: ZONA E. FUNCIONAL
ZIW: ZONA IND. WALKING

TIPO ACTIVIDAD

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	