


Hora de Inicio	 <b>CORREDOR</b>							DEL 1 AGOSTO 2020 AL 31 AGOSTO 2020		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
<b>MAÑANA (de 9h a 12h)</b>										
9:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	ENTRENAMIENTO (45') (P)					9:15
9:30	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)					9:30
9:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)					9:30
9:30	WALKING VIRTUAL (30') (ZIW)									9:30
9:45	BODY PUMP (45') (S1)	PILATES (45') (S1)	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S2)	PAIDE TOTAL (45') (S2)					9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	RECUP. ESPALDA (30') (P)	AQUAPAIDE (45') (P)					10:00
10:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						10:15
10:30	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S2)	PILATES (45') (S2)	ENTRENAMIENTO (45') (P)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)			10:30
10:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	ZUMBA (45') (S1)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			10:30
10:30				WALKING VIRTUAL (30') (ZIW)						10:30
10:45			CICLO VIRTUAL (45') (SC)							10:45
11:00							RECUP. ESPALDA (30') (P)			11:00
11:15	FIT BALL 1 (45') (S1)	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY BALANCE (45') (S1)					11:15
11:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)	AQUADYNAMIC (45') (P)			11:30
11:30	WALKING VIRTUAL (30') (ZIW)				WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			11:30
11:30						WALKING VIRTUAL (45') (ZIW)	WALKING VIRTUAL (45') (ZIW)			11:30
11:45			CICLO VIRTUAL (45') (SC)							11:45
<b>MEDIODÍA (de 12h a 17h)</b>										
12:00	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)	INICIACIÓN (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)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			12:30
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)			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
14:15	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)					14:15
14:30	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY BALANCE (45') (S1)	CICLO (45') (SC)					14:30
14:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)					14:30
14:30		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)						14:30
15:00				ENTRENAMIENTO (45') (P)	RECUP. ESPALDA (30') (P)					15:00
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 (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)					15:30
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	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)	WALKING VIRTUAL (30') (ZIW)					16:30
<b>TARDE (de 17h al cierre)</b>										
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
18:15	BODY BALANCE (45') (S2)	PILATES (45') (S2)	BODY PUMP (45') (S1)	PILATES (45') (S2)	BODY BALANCE (45') (S1)					18:15
18:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (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
19:00	BODY PUMP (45') (S1)	BODY COMBAT 1 (45') (S1)	ZUMBA (45') (S2)	BODY PUMP (45') (S1)	CICLO (45') (SC)					19:00
19:15	AQUADYNAMIC (45') (P)	MÁSTER NATACIÓN (30') (P)	AQUADYNAMIC (45') (P)	RECUP. ESPALDA (30') (P)	AQUAPAIDE (45') (P)					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	PAIDE FUNCIONAL (45') (S2)	AQUAPAIDE (45') (P)		AQUADYNAMIC (45') (P)						19:45
19:45		PAIDE TOTAL (45') (S2)								19:45
20:00	RECUP. ESPALDA (30') (P)		INICIACIÓN (30') (P)		CICLO VIRTUAL (45') (SC)					20:00
20:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (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)	WALKING VIRTUAL (30') (ZIW)						20:30
21:00					CICLO VIRTUAL (45') (SC)					21:00
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  
ZIW: ZONA IND. WALKING

**TIPO ACTIVIDAD**

ACUÁTICAS  
BAILE  
CARDIO  
CARDIO-TONO  
CUERPO-MENTE  
TONO  
VIRTUALES