

MAÑANA (de 9h a 12h)								
9:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				9:00
9:30	CNPAIDE (30 ') (P)	AQUAPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	AQUAPAIDE (30 ') (P)	WATERPOLO (30 ') (P)			9:30
9:30	GAP (30 ') (S1)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			9:30
9:30	CICLO VIRTUAL (45 ') (SC)							9:30
10:00	AQUAPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	AQUADYNAMIC (30 ') (P)	RECUP. ESPALDA (30 ') (P)	AQUADYNAMIC (30 ') (P)			10:00
10:00	ZUMBA (45 ') (S1)	BODY PUMP (45 ') (S3)	ZUMBA (45 ') (S1)	BODY PUMP (45 ') (S3)				10:00
10:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				10:00
10:15					BODY COMBAT (45 ') (S1)			10:15
10:30	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
11:15	PILATES (45 ') (S3)	CICLO (45 ') (SC)		CICLO (45 ') (SC)		BODY PUMP (45 ') (S3)	BODY PUMP (45 ') (S3)	11:15
11:30	CICLO VIRTUAL (45 ') (SC)		PAIDE FUNCIONAL (45 ') (S1)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	11:30
11:30			CICLO VIRTUAL (45 ') (SC)					11:30
11:45							CNPAIDE (30 ') (P)	11:45

MEDIODÍA (de 12h a 17h)								
12:00	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)			12:00
12:15						PILATES (45 ') (S3)	AQUADYNAMIC (45 ') (P)	12:15
12:15							BODY COMBAT 3 (45 ') (S3)	12:15
12:30	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)	12:30
13:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			13:30
14:30	AQUAPAIDE (30 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (30 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)			14:30
14:30	CICLO (45 ') (SC)	BODY PUMP (45 ') (S3)	PAIDE FUNCIONAL (45 ') (S1)	BODY BALANCE (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)			14:30
14:30		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			14:30
15:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			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

TARDE (de 17h al cierre)								
17:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			17:30
18:00	BODY PUMP (45 ') (S3)	PILATES (45 ') (S3)	ZUMBA (45 ') (S1)	PILATES (45 ') (S3)	BODY COMBAT (45 ') (S1)			18:00
18:00			BODY PUMP (45 ') (S3)					18:00
18:15		BODY COMBAT (45 ') (S1)						18:15
18:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)					18:30
19:00	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)	BODY COMBAT (45 ') (S1)	BODY PUMP (45 ') (S3)	BODY PUMP (45 ') (S3)			19:00
19:00				CICLO (45 ') (SC)	CICLO (45 ') (SC)			19:00
19:15	BODY COMBAT (45 ') (S1)	ZUMBA (45 ') (S1)	GAP 3 (30 ') (S3)	ZUMBA (45 ') (S1)				19:15
19:30	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	CNPAIDE (30 ') (P)			19:30
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					19:30
20:00	BODY PUMP (45 ') (S3)	BODY BALANCE (45 ') (S3)		BODY COMBAT 3 (45 ') (S3)	WATERPOLO (30 ') (P)			20:00
20:00				CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			20:00
20:15	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (30 ') (P)				20:15
20:30	PAIDE FUNCIONAL (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S1)					20:30
20:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					20:30
20:45	AQUAPAIDE (30 ') (P)	AQUADYNAMIC (30 ') (P)						20:45
21:00				CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			21:00

**LEYENDA SALAS**

P: PISCINA  
S1: SALA 1  
S3: SALA 3  
SC: SALA CICLO

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**TIPO ACTIVIDAD**

ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	