

Hora de Inicio		<b>PARQUESUR</b>						<b>DEL 1 ENERO 2019 AL 31 ENERO 2019</b>		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO			

MAÑANA (de 9h a 12h)

9:00					BODY BALANCE (60') (S3)				9:00
9:15		CICLO VIRTUAL (45') (SC)			WATERPOLO (45') (P)				9:15
9:15					CICLO VIRTUAL (45') (SC)				9:15
9:30	CNPAIDE (30') (P)	AQUAPAIDE (30') (P)	CNPAIDE (30') (P)	AQUAPAIDE (30') (P)					9:30
9:30	GAP (30') (S3)		GAP (30') (S3)						9:30
9:30			CICLO VIRTUAL (45') (SC)						9:30
10:00	AQUADYNAMIC (30') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (30') (P)	RECUP. ESPALDA (30') (P)	AQUADYNAMIC (30') (P)				10:00
10:00	ZUMBA (60') (S3)	BODY COMBAT (60') (S1)	ZUMBA (60') (S3)	BODY PUMP (60') (S3)	BODY COMBAT (60') (S1)				10:00
10:00		BODY PUMP (60') (S3)			ZUMBA (60') (S3)				10:00
10:15	CICLO (45') (SC)		CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					10:15
10:45						CICLO (45') (SC)	CICLO (45') (SC)		10:45
11:00	ABDOMINALES (15') (S1)	INTERVAL ACUÁTICO (45') (P)	ABDOMINALES (15') (S1)	BODY COMBAT (60') (S3)	PAIDE FUNCIONAL (60') (S3)	BODY PUMP (60') (S3)	AQUADYNAMIC (45') (P)		11:00
11:00		BODY BALANCE (60') (S3)							11:00
11:15		CICLO (45') (SC)		CICLO (45') (SC)	CICLO (45') (SC)				11:15
11:30	RECUP. ESPALDA (30') (P)		CNPAIDE (30') (P)	CNPAIDE (30') (P)		ABDOMINALES (15') (S1)	ABDOMINALES (15') (S1)		11:30
11:30	PAIDE FUNCIONAL (60') (S1)		PAIDE FUNCIONAL (60') (S1)			BODY PUMP (60') (S3)			11:30
11:30	PILATES (60') (S3)		PILATES (60') (S3)						11:30
11:45						CICLO (45') (SC)	CNPAIDE (30') (P)		11:45
11:45							CICLO (45') (SC)		11:45

MEDIODÍA (de 12h a 17h)

12:00	AQUAPAIDE (30') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	GAP (30') (S3)			12:00
12:00		ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)	ABDOMINALES (15') (S1)				12:00
12:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			AQUAPAIDE (45') (P)		12:15
12:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S1)		12:30
12:30						PILATES (60') (S3)	BODY COMBAT (60') (S3)		12:30
12:45						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		12:45
14:30	AQUAPAIDE (30') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)				14:30
14:30	ZUMBA (60') (S1)	PILATES (60') (S3)	BODY PUMP (60') (S3)	BODY COMBAT (60') (S1)	BODY PUMP (60') (S3)				14:30
14:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	BODY BALANCE (60') (S3)	CICLO (45') (SC)				14:30
14:30				CICLO VIRTUAL (45') (SC)					14:30
15:00	CNPAIDE (30') (P)		CNPAIDE (30') (P)						15:00
15:15	ABDOMINALES (15') (S3)	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)				15:15
16:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				16:00

TARDE (de 17h al cierre)

17:15				CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				17:15
18:00	BODY BALANCE (60') (S1)	PILATES (60') (S3)	ZUMBA (60') (S1)	PILATES (60') (S3)	BODY COMBAT (60') (S3)				18:00
18:00	BODY PUMP (60') (S3)								18:00
18:15		ABDOMINALES (15') (S1)							18:15
18:30	CICLO (45') (SC)	BODY COMBAT (60') (S1)	BODY PUMP (60') (S3)						18:30
18:30		CICLO (45') (SC)	CICLO (45') (SC)						18:30
18:45					ABDOMINALES (15') (S1)				18:45
19:00	ZUMBA (60') (S3)	BODY PUMP (60') (S3)		GAP (30') (S3)	ZUMBA (60') (S1)				19:00
19:00				CICLO (45') (SC)	BODY PUMP (60') (S3)				19:00
19:00					CICLO (45') (SC)				19:00
19:15	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)						19:15
19:30	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)				19:30
19:30	BODY COMBAT (60') (S1)	ZUMBA (60') (S1)	BODY COMBAT (60') (S1)	ZUMBA (60') (S1)					19:30
19:30	CICLO (45') (SC)	CICLO (45') (SC)	GAP (30') (S3)	BODY PUMP (60') (S3)					19:30
19:30			CICLO (45') (SC)						19:30
20:00		GAP (30') (S3)	BODY BALANCE (60') (S3)	CICLO (45') (SC)	PILATES (60') (S3)				20:00
20:15	CNPAIDE (30') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)	WATERPOLO (45') (P)				20:15
20:15	ABDOMINALES (15') (S3)								20:15
20:30	PAIDE FUNCIONAL (60') (S1)	BODY BALANCE (60') (S3)	PAIDE FUNCIONAL (60') (S1)	BODY COMBAT (60') (S3)					20:30
20:30	BODY PUMP (60') (S3)	CICLO (45') (SC)	CICLO (45') (SC)						20:30
20:30	CICLO (45') (SC)								20:30
20:45				ABDOMINALES (15') (S1)					20:45
21:00	AQUAPAIDE (30') (P)	AQUADYNAMIC (30') (P)	AQUAPAIDE (30') (P)	INTERVAL ACUÁTICO (45') (P)					21:00
21:00	TRIATLÓN (60') (SO)		TRIATLÓN (60') (SO)						21:00

**LEYENDA SALAS**

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

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**TIPO ACTIVIDAD**

ACUÁTICAS  
 BAILE  
 CARDIO  
 CARDIO-TONO  
 CUERPO-MENTE  
 TONO  
 VIRTUALES