

LUNES

TOTAL	Mapa de Agua										Ciclo	AADD	TOTAL
	VASO GRANDE						VASO PEQUEÑO		Ciclo	AADD			
	CALLE	CALLE	CALLE	CALLE	CALLE	CALLE	1/2	1/2					
	P1	P2	P3	P4	P5	P6	V1	V2					
9:00												9:00	
9:10												9:10	
9:20												9:20	
9:30	A01	AC01	AP01								GAP-1	9:30	
9:40												9:40	
9:50												9:50	
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12:00	MI	MC	AAF01									12:00	
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23:00												23:00	

Nº CURSILLOS

24

AQ

4

CICLO

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MARTES

TOTAL	Mapa de Agua								Salas AADD		TOTAL	
	VASO GRANDE						VASO PEQUEÑO		Ciclo	AADD		
	CALLE	CALLE	CALLE	CALLE	CALLE	CALLE	1/2	1/2				
	P1	P2	P3	P4	P5	P6	V1	V2				
9:00										9:00		
9:10										9:10		
9:20										9:20		
9:30	A01	AC01	AP01				AG-5			ZUMBA 1	9:30	
9:40											9:40	
9:50											9:50	
10:00											10:00	
10:10											10:10	
10:20									CICLO3 45"	GAP-2	10:20	
10:30											10:30	
10:40											10:40	
10:50											10:50	
11:00	FEDERICO GARCÍA LORCA										11:00	
11:10											11:10	
11:20							AG-6			PLT-5	11:20	
11:30											11:30	
11:40											11:40	
11:50											11:50	
12:00											12:00	
12:10											12:10	
12:20	RH			MC						TONIF MAYORES-1	12:20	
12:30											12:30	
12:40											12:40	
12:50											12:50	
13:00	RH			MI							13:00	
13:10											13:10	
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16:30											16:30	
16:40											16:40	
16:50							MT06				16:50	
17:00	GN04A	GR04	GV04				GN04B				17:00	
17:10								GB05A	GB05B		17:10	
17:20										GAP+ STRETCH-1	17:20	
17:30											17:30	
17:40	GN05A	GR05	GV05	GA05			GN05B	GB06A	GB06B		17:40	
17:50											17:50	
18:00											18:00	
18:10								GB07A	GB07B		18:10	
18:20	GN06A	GR06	GV06	GA06			GN06B			AFG-2	18:20	
18:30											18:30	
18:40								GB08A	GB08B		18:40	
18:50											18:50	
19:00	GNE02A	GNE02B									19:00	
19:10								MT07A	MT07B	CICLO-4 45"	ZUMBA 2	19:10
19:20											19:20	
19:30											19:30	
19:40	GG02A	GG02B		DCG3-1							19:40	
19:50				DCG3-2				AG-7			19:50	
20:00											20:00	
20:10											20:10	
20:20	AID4	AC09	AP07					AG-8		TONIF-1	20:20	
20:30											20:30	
20:40											20:40	
20:50	AC10	AP08A	AP08B								20:50	
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21:30											21:30	
21:40											21:40	
21:50	AP09										21:50	
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23:00											23:00	

Nº CURSILLOS

22

AQ

4

CICLO

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4

MIÉRCOLES

TOTAL	Mapa de Agua								Salas AADD		TOTAL	
	VASO GRANDE						VASO PEQUEÑO		Ciclo	AADD		
	CALLE	CALLE	CALLE	CALLE	CALLE	CALLE	1/2	1/2				
	P1	P2	P3	P4	P5	P6	V1	V2				
9:00											9:00	
9:10											9:10	
9:20											9:20	
9:30	A01	AC01	AP01							GAP-1	9:30	
9:40											9:40	
9:50											9:50	
10:00	TERESA BERGANZA								AQ-1		AE+ST-1	10:00
10:10											10:10	
10:20											10:20	
10:30											10:30	
10:40											10:40	
10:50											10:50	
11:00											11:00	
11:10								MT01			11:10	
11:20										PLT-1	11:20	
11:30											11:30	
11:40	PRINCIPE DON FELIPE											11:40
11:50											11:50	
12:00	MI	MC	AAF01							PLT-2	12:00	
12:10											12:10	
12:20											12:20	
12:30											12:30	
12:40											12:40	
12:50											12:50	
13:00	RH			MC							13:00	
13:10											13:10	
13:20											13:20	
13:30								AQ-2			13:30	
13:40											13:40	
13:50	TR		AC02	AP02							13:50	
14:00											14:00	
14:10											14:10	
14:20											14:20	
14:30			VIRGEN DE EUROPA						AQ-3			14:30
14:40											14:40	
14:50											14:50	
15:00											15:00	
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16:00											16:00	
16:10	AC03										PLT-3	16:10
16:20											16:20	
16:30											16:30	
16:40											16:40	
16:50								MT-2			16:50	
17:00	GN01A	DC-1	GR01	GV01							17:00	
17:10								GB01A	GB01B		17:10	
17:20										PLT-4	17:20	
17:30											17:30	
17:40	GN02A	GR02	GV02	GA01				GN02B	GB02A	GB02B	17:40	
17:50											17:50	
18:00											18:00	
18:10											18:10	
18:20	GN03A	GR03	GV03	GA02				GN03B	GB03A	GB03B	18:20	
18:30											18:30	
18:40									GB04A	GB04B	18:40	
18:50											18:50	
19:00	GNE01A	GNE01B	GA03								19:00	
19:10											19:10	
19:20								MT03A	MT03B	CICLO-1 45'	AFG-1	19:20
19:30											19:30	
19:40	GB01A		AC05					MT04A	MT04B		19:40	
19:50											19:50	
20:00											20:00	
20:10	A02	AC06	AP03							CICLO-2 45'	GAP-4	20:10
20:20											20:20	
20:30											20:30	
20:40											20:40	
20:50											20:50	
21:00											21:00	
21:10	AP04A	AP04B									KM-1	21:10
21:20											21:20	
21:30											21:30	
21:40											21:40	
21:50	AP05										21:50	
22:00											22:00	
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22:40											22:40	
22:50											22:50	
23:00											23:00	

Nº CURSILLOS

26

AQ

4

CICLO

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5

JUEVES

TOTAL	Mapa de Agua										Salas AADD		TOTAL
	VASO GRANDE						VASO PEQUEÑO		Ciclo	AADD			
	CALLE	CALLE	CALLE	CALLE	CALLE	CALLE	1/2	1/2					
	P1	P2	P3	P4	P5	P6	V1	V2					
9:00												9:00	
9:10												9:10	
9:20												9:20	
9:30	A01	AC01	AP01					AQ-5			ZUMBA 1	9:30	
9:40												9:40	
9:50												9:50	
10:00												10:00	
10:10												10:10	
10:20										CICLO-3 45'	GAP-2	10:20	
10:30												10:30	
10:40												10:40	
10:50												10:50	
11:00												11:00	
11:10												11:10	
11:20								AQ-6			PLT-5	11:20	
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11:50												11:50	
12:00												12:00	
12:10		RH										12:10	
12:20				MC								12:20	
12:30											TONIF MAYORES-1	12:30	
12:40												12:40	
12:50												12:50	
13:00		RH										13:00	
13:10				MI								13:10	
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16:50								MT06				16:50	
17:00	GN04A	GR04	GV04					GN04B				17:00	
17:10									GB05A	GB05B		17:10	
17:20											GAP+ STRETCH-1	17:20	
17:30												17:30	
17:40	GN05A	GR05	GV05	GA05				GN05B				17:40	
17:50									GB06A	GB06B		17:50	
18:00												18:00	
18:10									GB07A	GB07B		18:10	
18:20	GN06A	GR06	GV06	GA06				GN06B			AFG-2	18:20	
18:30												18:30	
18:40									GB08A	GB08B		18:40	
18:50												18:50	
19:00												19:00	
19:10	GNE02A	GNE02B							MT07A	MT07B	CICLO-4 45'	19:10	
19:20												19:20	
19:30											ZUMBA 2	19:30	
19:40	GG02A	GG02B										19:40	
19:50												19:50	
20:00												20:00	
20:10												20:10	
20:20	AID4	AC09	AP07						AQ-7			20:20	
20:30											TONIF-1	20:30	
20:40									AQ-8			20:40	
20:50												20:50	
21:00	AC10		AP08A	AP08B								21:00	
21:10												21:10	
21:20												21:20	
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22:00	AP09											22:00	
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23:00												23:00	

Nº CURSILLOS

22

AQ

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CICLO

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VIERNES

TOTAL	Mapa de Agua								Salas AADD		TOTAL
	VASO GRANDE						VASO PEQUEÑO		Ciclo	AADD	
	CALLE	CALLE	CALLE	CALLE	CALLE	CALLE	1/2	1/2			
	P1	P2	P3	P4	P5	P6	V1	V2			
9:00											9:00
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Nº CURSILLOS

16

AQ

3

CICLO

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3

SÁBADO

TOTAL	Mapa de Agua								Salas AADD		TOTAL
	VASO GRANDE						VASO PEQUEÑO		Ciclo	AADD	
	CALLE	CALLE	CALLE	CALLE	CALLE	CALLE	1/2	1/2			
	P1	P2	P3	P4	P5	P6	V1	V2			
10:00											10:00
10:10											10:10
10:20											10:20
10:30	GN10	GR10	GV10								10:30
10:40							DC-6	MT12A	MT12B		10:40
10:50											10:50
11:00											11:00
11:10	GN11	GR11	GV11	GA11				GB13A	GB13B		11:10
11:20											11:20
11:30											11:30
11:40								GB14A	GB14B		11:40
11:50	GN12	GR12	GV12	GA12							11:50
12:00								GB15A	GB15B		12:00
12:10											12:10
12:20											12:20
12:30	GN13	GR13	GV13	GA13				GB16A	GB16B		12:30
12:40											12:40
12:50											12:50
13:00											13:00
13:10							DC-7	MT13A	MT13B		13:10
13:20	GNE04A	GNE04B	GG04								13:20
13:30											13:30
13:40											13:40
13:50	AI05	AI05	AC12	AC12				AQ-11			13:50
14:00											14:00
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16:40	GN14	GR14									16:40
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17:00											17:00
17:10											17:10
17:20	GV14	GA14									17:20
17:30											17:30
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18:00											18:00
18:10								GB17			18:10
18:20	GNE05										18:20
18:30											18:30
18:40											18:40
18:50								MT14			18:50
19:00											19:00
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DOMINGO

TOTAL	Mapa de Agua								Salas AADD		TOTAL
	VASO GRANDE						VASO PEQUEÑO		Ciclo	AADD	
	CALLE	CALLE	CALLE	CALLE	CALLE	CALLE	1/2	1/2			
	P1	P2	P3	P4	P5	P6	V1	V2			
10:00											10:00
10:10											10:10
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21:00											21:00

LEYENDA

NATACIÓN INFANTIL

MT - MATRONATACIÓN
GB - GORRO BLANCO
GN - GORRO NARANJA
GR - GORRO ROJO
GV - GORRO VERDE
GA - GORRO AZUL
GNE - GORRO NEGRO
GG - GORRO GRIS

NATACIÓN ADULTOS

AP - ADULTOS PERFECCIONAMIENTO	
AC - ADULTOS CONTINUACIÓN	
AI - ADULTOS INICIACIÓN	
AFF - ACONDICIONAMIENTO FISICO	
NATACIÓN MAYORES (3ª EDAD)	
MC - MAYORES CONTINUACIÓN	
MI - MAYORES INICIACIÓN	

NATACIÓN GRUPOS ESPECIALES

DC - DISCAPACIDAD
TR - TERAPEUTICA
RH - REHABILITACIÓN

ACTV. DIRIGIDAS EN AGUA

AQ - AQUAGYM
AQ MAYORES - AQUAGYM MAYORES (3ª EDAD)

ACTV. DIRIGIDAS SALA

PL - PILATES
GAP + GAP
GAP + STROH - GAP + STRETCHING
TONIF - TONIFICACIÓN
TONIF MAYORES - TONIFICACIÓN 3ªEDAD
ZUMBA
AFG - ACOND. FISICO GENERAL
KM - KEMATRON
AE+ST - AEROBIC + STEP

ACTV. DIRIGIDAS CICLO INDOOR

CICLO - CLICLO INDOOR
