

Hora de Inicio		LA ERMITA						DEL 1 DICIEMBRE 2017 AL 31 DICIEMBRE 2017		Hora de Inicio	
		LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)											
9:00				BAILE DE SALÓN (90 ') (S4)						9:00	
9:15				CICLO (45 ') (SC)						9:15	
9:30	CNPAIDE (30 ') (P)	RECUP. ESPALDA (30 ') (P)	CNPAIDE (30 ') (P)	RECUP. ESPALDA (30 ') (P)	CNPAIDE (30 ') (P)					9:30	
9:30	PAIDE SALUD (60 ') (S3)	YOGA (60 ') (S4)	PAIDE SALUD (60 ') (S3)	CX WORX (30 ') (S3)	BODY PUMP (60 ') (S3)					9:30	
9:30	CICLO (45 ') (SC)			YOGA (60 ') (S4)						9:30	
9:30				CICLO (45 ') (SC)						9:30	
10:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	RECUP. ESPALDA (30 ') (P)	BODY COMBAT (60 ') (S3)	AQUADYNAMIC (45 ') (P)					10:00	
10:00		CX WORX (30 ') (S3)								10:00	
10:15				AQUAPAIDE (45 ') (P)		ZUMBA (60 ') (S3)				10:15	
10:30	BODY ATTACK (60 ') (S3)	BODY COMBAT (60 ') (S3)	BODY PUMP (60 ') (S3)	PILATES (60 ') (S4)	BODY BALANCE (60 ') (S4)	CICLO (45 ') (SC)	CICLO (45 ') (SC)			10:30	
10:30	PILATES (60 ') (S4)	CICLO (45 ') (SC)	GIMNASIA CHINA (60 ') (S4)		CICLO (45 ') (SC)					10:30	
10:45	RECUP. ESPALDA (30 ') (P)		AQUADYNAMIC (45 ') (P)							10:45	
11:00		CNPAIDE (30 ') (P)	PAIDE BOX (!!) (60 ') (SP)	CNPAIDE (30 ') (P)		AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)			11:00	
11:00				GAP (30 ') (S3)						11:00	
11:15					RECUP. ESPALDA (30 ') (P)	ABDOMINALES (15 ') (S3)	ABDOMINALES (15 ') (S3)			11:15	
11:15							PILATES (60 ') (S4)			11:15	
11:30	BODY PUMP (60 ') (S3)	ZUMBA (60 ') (S3)	RECUP. ESPALDA (30 ') (P)	ZUMBA (60 ') (S3)	CX WORX (30 ') (S3)	BODY PUMP (60 ') (S3)	BODY COMBAT (60 ') (S3)			11:30	
11:30	BODY BALANCE (60 ') (S4)	PAIDE FUNCIONAL (60 ') (S4)	ZUMBA (60 ') (S3)	PAIDE FUNCIONAL (60 ') (S4)		CICLO (45 ') (SC)	CICLO (45 ') (SC)			11:30	
11:45	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)			11:45	
MEDIODÍA (de 12h a 17h)											
12:15			AQUADYNAMIC (45 ') (P)							12:15	
12:30	CNPAIDE (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	ABDOMINALES (15 ') (S3)	BODY PUMP (60 ') (S3)			12:30	
12:30	CICLO VIRTUAL (45 ') (SC)					YOGA (60 ') (S4)	PILATES (60 ') (S4)			12:30	
12:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			12:30	
12:45		RECUP. ESPALDA (30 ') (P)				AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)			12:45	
14:00		PAIDE BOX (!!) (60 ') (SP)								14:00	
14:30	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (60 ') (P)	INTERVAL ACUÁTICO (60 ') (P)	ENTRENAMIENTO (60 ') (P)	AQUADYNAMIC (45 ') (P)					14:30	
14:30	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)					14:30	
14:30		PILATES (60 ') (S4)		BODY BALANCE (60 ') (S4)						14:30	
14:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						14:30	
15:15	CNPAIDE (30 ') (P)		ABDOMINALES (15 ') (S3)		CNPAIDE (30 ') (P)					15:15	
15:15	ABDOMINALES (15 ') (S3)				ABDOMINALES (15 ') (S3)					15:15	
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (60 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)				16:30	
16:30			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)					17:30	
17:30					PAIDE CIRCUIT (!!) (60 ') (SP)					17:30	
18:00	AQUADYNAMIC (45 ') (P)	RECUP. ESPALDA (30 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (60 ') (P)					18:00	
18:00	CX WORX (30 ') (S3)	GAP (30 ') (S3)	ZUMBA (60 ') (S3)	BODY PUMP (60 ') (S3)	ZUMBA (60 ') (S3)					18:00	
18:00		PAIDE FUNCIONAL (60 ') (S4)		PILATES (60 ') (S4)						18:00	
18:30	BODY COMBAT (60 ') (S3)	AQUAPAIDE (45 ') (P)								18:30	
18:30		ZUMBA (60 ') (S3)								18:30	
18:30		CICLO (45 ') (SC)								18:30	
18:45	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)							18:45	
19:00	PILATES (60 ') (S4)	BODY BALANCE (60 ') (S4)	BODY ATTACK (60 ') (S3)	AQUAPAIDE (45 ') (P)	BODY ATTACK (60 ') (S3)					19:00	
19:00	CICLO (45 ') (SC)		PILATES (60 ') (S4)	GAP (30 ') (S3)	CICLO (45 ') (SC)					19:00	
19:00			CICLO (45 ') (SC)	BODY BALANCE (60 ') (S4)						19:00	
19:15					AQUADYNAMIC (45 ') (P)					19:15	
19:30	BODY PUMP (60 ') (S3)	BODY PUMP (60 ') (S3)		BODY COMBAT (60 ') (S3)						19:30	
19:30		CICLO (45 ') (SC)		CICLO (45 ') (SC)						19:30	
19:45	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)							19:45	
20:00	BODY BALANCE (60 ') (S4)	PAIDE BOX (!!) (60 ') (SP)	CX WORX (30 ') (S3)	RECUP. ESPALDA (30 ') (P)	BODY PUMP (60 ') (S3)					20:00	
20:00	CICLO (45 ') (SC)		BODY BALANCE (60 ') (S4)	PAIDE BOX (!!) (60 ') (SP)	CICLO VIRTUAL (45 ') (SC)					20:00	
20:00	PAIDE BOX (!!) (60 ') (SP)		CICLO (45 ') (SC)							20:00	
20:15		ABDOMINALES (15 ') (S4)		ABDOMINALES (15 ') (S4)	RECUP. ESPALDA (30 ') (P)					20:15	
20:30	RECUP. ESPALDA (30 ') (P)	BODY COMBAT (60 ') (S3)	RECUP. ESPALDA (30 ') (P)	CNPAIDE (30 ') (P)						20:30	
20:30	ZUMBA (60 ') (S3)	PILATES (60 ') (S4)	BODY PUMP (60 ') (S3)	ZUMBA (60 ') (S3)						20:30	
20:30		CICLO (45 ') (SC)		PILATES (60 ') (S4)						20:30	
20:30				CICLO (45 ') (SC)						20:30	
21:00	ENTRENAMIENTO (60 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (60 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)					21:00	
21:00	YOGA (60 ') (S4)	TRIATLÓN (90 ') (SO)	YOGA (60 ') (S4)	TRIATLÓN (90 ') (SO)	CICLO VIRTUAL (45 ') (SC)					21:00	
21:00	CICLO (45 ') (SC)		CICLO (45 ') (SC)							21:00	
21:00	RUNNING (90 ') (SO)									21:00	
21:30	PAIDE FUNCIONAL (60 ') (S3)	RECUP. ESPALDA (30 ') (P)	PAIDE FUNCIONAL (60 ') (S3)	BODY PUMP (60 ') (S3)						21:30	
21:30		ZUMBA (60 ') (S3)								21:30	

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota

LEYENDA SALAS

P: PISCINA
S3: SALA 3
S4: SALA 4
SC: SALA CICLO
SO: SALA OUTDOOR
SP: SALA PAIDEBOX

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES