

Hora de Inicio



# LA ERMITA

DEL 1 ABRIL 2019 AL 30 ABRIL 2019

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)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	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
9:45						GAP (30') (S3)		9:45
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)		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)		PAIDE FUNCIONAL (60') (S4)	CICLO (45') (SC)	11:30
11:30						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
14:30	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
15:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			15:30
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)	PAIDE FUNCIONAL (60') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			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)	PILATES (60') (S4)	ZUMBA (60') (S3)	BODY PUMP (60') (S3)	ZUMBA (60') (S3)			18:00
18:00	PAIDE FUNCIONAL (60') (S4)		PAIDE FUNCIONAL (60') (S4)	PILATES (60') (S4)				18:00
18:30	BODY COMBAT (60') (S3)							18:30
18:30		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)			19:00
19:30	BODY PUMP (60') (S3)	BODY PUMP (60') (S3)		BODY COMBAT (60') (S3)				19:15
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
20:00			PAIDE CIRCUIT (!!) (60') (SP)					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 (30') (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

**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

También puede consultar los horarios en [Paidesportcenter.com](http://Paidesportcenter.com)

(!!): Actividad fuera de cuota