

Hora de Inicio		LA ERMITA						DEL 1 JULIO 2019 AL 31 JULIO 2019		Hora de Inicio	
		LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)											
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 VIRTUAL (45 ') (SC)		9:30		
9:30	PAIDE SALUD (60 ') (S3)	YOGA (60 ') (S4)	PAIDE SALUD (60 ') (S3)	YOGA (60 ') (S4)	BODY PUMP (60 ') (S3)				9:30		
9:30	CICLO (45 ') (SC)			CICLO (45 ') (SC)					9:30		
10:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	RECUP. ESPALDA (30 ') (P)	BODY COMBAT (60 ') (S3)	AQUADYNAMIC (45 ') (P)	BODY PUMP (60 ') (S3)			10:00		
10:00		CX WORX (30 ') (S3)							10:00		
10:15				AQUAPAIDE (45 ') (P)					10:15		
10:30	PILATES (60 ') (S4)	BODY COMBAT (60 ') (S3)	BODY PUMP (60 ') (S3)	PILATES (60 ') (S4)	BODY BALANCE (60 ') (S4)	GAP (30 ') (S4)	CICLO (45 ') (SC)		10:30		
10:30		CICLO (45 ') (SC)			CICLO (45 ') (SC)	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						ZUMBA (60 ') (S3)			11:00		
11:15					RECUP. ESPALDA (30 ') (P)	ABDOMINALES (15 ') (S4)	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)	CICLO (45 ') (SC)	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)		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)											
12:00						PAIDE FUNCIONAL (60 ') (S3)			12:00		
12:15			AQUAPAIDE (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)	YOGA (60 ') (S4)	BODY PUMP (60 ') (S3)		12:30		
12:30	CICLO VIRTUAL (45 ') (SC)					CICLO VIRTUAL (45 ') (SC)	PILATES (60 ') (S4)		12:30		
12:30							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)		CICLO VIRTUAL (45 ') (SC)					14:30		
14:30		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)		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	PAIDE FUNCIONAL (60 ') (S4)	PILATES (60 ') (S4)	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			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)		YOGA (60 ') (S4)		CICLO VIRTUAL (45 ') (SC)				21:00		
21:00	CICLO (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						21:00		
21:30	PAIDE FUNCIONAL (60 ') (S3)	RECUP. ESPALDA (30 ') (P)		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											

También puede consultar los horarios en [Paidesportcenter.com](https://www.paidesportcenter.com)

(!!): Actividad fuera de cuota

LEYENDA SALAS

P: PISCINA
S3: SALA 3
S4: SALA 4
SC: SALA CICLO
SP: SALA PAIDEBOX
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TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES