

Hora de Inicio	LA ERMITA						Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	
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	PAIDE SALUD (60') (S3)	YOGA (60') (S4)	PAIDE SALUD (60') (S3)	CX WORX (30') (S3)	BODY PUMP (60') (S3)		
9:30	CICLO (45') (SC)			YOGA (60') (S4)			
9:30				CICLO (45') (SC)			
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		CX WORX (30') (S3)					
10:15				AQUAPAIDE (45') (P)			
10:30	PILATES (60') (S3)	BODY COMBAT (60') (S3)	BODY PUMP (60') (S3)	PILATES (60') (S4)	BODY BALANCE (60') (S4)	GAP (30') (S4)	CICLO (45') (SC)
10:30	BODY ATTACK (60') (S4)	CICLO (45') (SC)	GIMNASIA CHINA (60') (S4)		CICLO (45') (SC)	CICLO (45') (SC)	
10:45	RECUP. ESPALDA (30') (P)		AQUADYNAMIC (45') (P)				
11:00		CNPAIDE (30') (P)		CNPAIDE (30') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)
11:00				GAP (30') (S3)		ZUMBA (60') (S3)	
11:15					RECUP. ESPALDA (30') (P)	ABDOMINALES (15') (S4)	ABDOMINALES (15') (S3)
11:15							PILATES (60') (S4)
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	BODY BALANCE (60') (S4)	PAIDE FUNCIONAL (60') (S4)	ZUMBA (60') (S3)	PAIDE FUNCIONAL (60') (S4)			CICLO (45') (SC)
11:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)
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	CICLO VIRTUAL (45') (SC)					CICLO VIRTUAL (45') (SC)	PILATES (60') (S4)
12:30							CICLO VIRTUAL (45') (SC)
12:45		RECUP. ESPALDA (30') (P)				AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)
14:30	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (60') (P)	INTERVAL ACUÁTICO (60') (P)	ENTRENAMIENTO (60') (P)	AQUADYNAMIC (45') (P)		
14:30	CICLO (45') (SC)	BODY PUMP (60') (S3)	CICLO (45') (SC)	BODY PUMP (60') (S3)	CICLO (45') (SC)		
14:30		PILATES (60') (S4)		BODY BALANCE (60') (S4)			
14:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			
15:15	CNPAIDE (30') (P)		ABDOMINALES (15') (S3)		CNPAIDE (30') (P)		
15:15	ABDOMINALES (15') (S3)				ABDOMINALES (15') (S3)		
15:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		
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			CICLO VIRTUAL (45') (SC)				
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)	AQUAPAIDE (45') (P)					18:30
18:30	CICLO (45') (SC)	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			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)		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			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)	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	RUNNING (90') (SO)		CICLO (45') (SC)				21:00
21:30	PAIDE FUNCIONAL (60') (S3)	ZUMBA (60') (S3)	PAIDE FUNCIONAL (60') (S3)	BODY PUMP (60') (S3)			21:00
21:30	CICLO VIRTUAL (45') (SC)						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 Padesportcenter.com

(!!): Actividad fuera de cuota