

Hora de Inicio	BASSA							Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	
MAÑANA (de 9h a 12h)								
7:45	CICLO (45') (SC)	BODY PUMP (60') (S1)	ZUMBA (60') (S2)	BODY BALANCE (60') (S2)	CICLO (45') (SC)			7:45
7:45		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				7:45
7:45			PAIDE CROSS (30') (ZEF)					7:45
8:30	ABDOMINALES (15') (S2)				ABDOMINALES (15') (S2)			8:30
9:00		PAIDE BOX (!!) (60') (ZEF)		PAIDE BOX (!!) (60') (ZEF)				9:00
9:15	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	BODY COMBAT (45') (S1)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (60') (S2)			9:15
9:15	BODY PUMP (60') (S1)			CICLO (45') (SC)				9:15
9:30	YOGA (60') (S2)	ZUMBA (60') (S1)	AQUADYNAMIC (45') (P)		PAIDE CROSS (30') (ZEF)			9:30
10:00	RECUPERACIÓN DE ESPALDA (30') (P)							10:00
10:15		AQUADYNAMIC (45') (P)	BODY BALANCE (45') (S2)	AQUADYNAMIC (45') (P)	BODY PUMP (60') (S1)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	10:15
10:15			CICLO VIRTUAL (45') (SC)			PAIDE BOX (!!) (60') (ZEF)		10:15
10:30	CICLO VIRTUAL (45') (SC)			YOGA (60') (S2)				10:30
11:00		CNPAIDE (45') (P)		RECUPERACIÓN DE ESPALDA (30') (P)				11:00
11:15			AQUADYNAMIC (45') (P)			BODY PUMP (60') (S1)	CICLO (45') (SC)	11:15
11:15						CICLO VIRTUAL (45') (SC)		11:15
11:30					AQUADYNAMIC (45') (P)			11:30
11:30					CICLO VIRTUAL (45') (SC)			11:30
11:45	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					11:45
MEDIODÍA (de 12h a 17h)								
12:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				12:00
12:15						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	12:15
12:30						AQUADYNAMIC (45') (P)		12:30
13:15	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY COMBAT (45') (S1)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:15
14:00	BODY PUMP (45') (S1)	CICLO (45') (SC)	ZUMBA (60') (S2)	CICLO (45') (SC)				14:00
15:00	AQUADYNAMIC (30') (P)							15:00
15:15				ZUMBA (60') (S1)				15:15
15:30		PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (60') (S2)	CICLO (45') (SC)	BODY PUMP (60') (S1)			15:30
15:30		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	PAIDE BOX (!!) (60') (ZEF)				15:30
15:30		PAIDE BOX (!!) (60') (ZEF)						15:30
15:45	BODY COMBAT (45') (S1)							15:45
16:15				ABDOMINALES (15') (S2)				16:15
16:30	BODY PUMP (45') (S1)	BODY COMBAT (60') (S1)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			16:30
16:30	CICLO VIRTUAL (45') (SC)							16:30
16:45		RECUPERACIÓN DE ESPALDA (30') (P)			AQUADYNAMIC (45') (P)			16:45
TARDE (de 17h al cierre)								
18:00	CICLO VIRTUAL (45') (SC)	BODY PUMP (60') (S1)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (60') (S1)	BODY COMBAT (60') (S1)			18:00
18:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	YOGA (60') (S2)			18:00
18:15	PAIDE CROSS (30') (ZEF)		CICLO (45') (SC)					18:15
18:30	ZUMBA (60') (S1)							18:30
19:00		ENTRENAMIENTO (30') (P)	ABDOMINALES (15') (S1)					19:00
19:15	CICLO (45') (SC)	BODY BALANCE (60') (S1)	BODY PUMP (60') (S1)	PAIDE FUNCIONAL (45') (S1)	CICLO (45') (SC)			19:15
19:15		CICLO (45') (SC)	YOGA (60') (S2)	CICLO (45') (SC)				19:15
19:15			CICLO VIRTUAL (45') (SC)					19:15
19:30	AQUADYNAMIC (45') (P)	CNPAIDE (45') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (45') (P)	ZUMBA (60') (S1)			19:30
19:30	BODY COMBAT (60') (S1)	PAIDE CROSS (30') (ZEF)						19:30
20:00				ABDOMINALES (15') (S1)				20:00
20:15	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)				20:15
20:15		BODY PUMP (60') (S1)	BODY COMBAT (60') (S1)	BODY PUMP (60') (S1)				20:15
20:15		CICLO VIRTUAL (45') (SC)		CICLO (45') (SC)				20:15
20:30	BODY BALANCE (45') (S1)	YOGA (60') (S2)	CICLO (45') (SC)	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)			20:30
20:30	CICLO (45') (SC)		PAIDE BOX (!!) (60') (ZEF)					20:30
20:30	PAIDE BOX (!!) (60') (ZEF)							20:30
21:15	BODY PUMP (45') (S1)	CICLO (45') (SC)	ZUMBA (60') (S1)	BODY COMBAT (45') (S1)				21:15
21:15				CICLO VIRTUAL (45') (SC)				21:15

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota