

Hora de Inicio	BASSA							DEL 1 AGOSTO 2019 AL 31 AGOSTO 2019		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)										
7:45	CICLO (45 ') (SC)	BODY PUMP (60 ') (S1)	CICLO VIRTUAL (45 ') (SC)	YOGA (60 ') (S2)	CICLO (45 ') (SC)					7:45
7:45		CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)						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	BODY PUMP (60 ') (S1)	CICLO (45 ') (SC)	BODY COMBAT (45 ') (S1)	CICLO (45 ') (SC)	BODY BALANCE (60 ') (S1)					9:15
9:30		ZUMBA (60 ') (S1)								9:30
10:15	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	BODY BALANCE (45 ') (S1)	AQUADYNAMIC (45 ') (P)	BODY PUMP (60 ') (S1)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			10:15
10:15		YOGA (60 ') (S2)	CICLO VIRTUAL (45 ') (SC)			PAIDE BOX (!!) (60 ') (ZEF)				10:15
10:30	AQUADYNAMIC (45 ') (P)									10:30
11:00		CICLO VIRTUAL (45 ') (SC)								11:00
11:15	CICLO VIRTUAL (45 ') (SC)		AQUADYNAMIC (45 ') (P)			BODY PUMP (60 ') (S1)	CICLO VIRTUAL (45 ') (SC)			11:15
11:15						CICLO VIRTUAL (45 ') (SC)				11:15
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)			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 VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			13:15
14:00	BODY PUMP (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)		CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					14:00
15:30	PAIDE FUNCIONAL (45 ') (S1)	BODY COMBAT (60 ') (S1)	CICLO (45 ') (SC)	ZUMBA (60 ') (S1)	BODY PUMP (60 ') (S1)					15:30
15:30		PAIDE BOX (!!) (60 ') (ZEF)		CICLO VIRTUAL (45 ') (SC)						15:30
15:30				PAIDE BOX (!!) (60 ') (ZEF)						15:30
16:15	CICLO VIRTUAL (45 ') (SC)									16:15
16:30			CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					16:30
TARDE (de 17h al cierre)										
17:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)								17:15
18:00		BODY PUMP (60 ') (S1)	PAIDE FUNCIONAL (45 ') (S1)	BODY BALANCE (60 ') (S1)	BODY COMBAT (60 ') (S1)					18:00
18:00				CICLO VIRTUAL (45 ') (SC)						18:00
18:15	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)							18:15
18:30	ZUMBA (60 ') (S1)			PAIDE CROSS (30 ') (ZEF)						18:30
19:00			ABDOMINALES (15 ') (S1)							19:00
19:00			YOGA (60 ') (S2)							19:00
19:15	AQUADYNAMIC (45 ') (P)	BODY BALANCE (60 ') (S1)	AQUADYNAMIC (45 ') (P)	PAIDE FUNCIONAL (45 ') (S1)	CICLO (45 ') (SC)					19:15
19:15	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (60 ') (S1)	CICLO (45 ') (SC)						19:15
19:15			CICLO VIRTUAL (45 ') (SC)							19:15
19:30	BODY COMBAT (60 ') (S1)				ZUMBA (60 ') (S1)					19:30
19:30	PAIDE CROSS (30 ') (ZEF)									19:30
20:00				ABDOMINALES (15 ') (S1)						20:00
20:15		BODY PUMP (60 ') (S1)	BODY COMBAT (60 ') (S1)	BODY PUMP (60 ') (S1)	CICLO VIRTUAL (45 ') (SC)					20:15
20:15		CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)						20:15
20:30	BODY BALANCE (45 ') (S1)		PAIDE BOX (!!) (60 ') (ZEF)							20:30
20:30	CICLO (45 ') (SC)									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
También puede consultar los horarios en Paidesportcenter.com										
(!!): Actividad fuera de cuota										

LEYENDA SALAS

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

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES