


Hora de Inicio	 BONAIRE DEL 1 ABRIL 2024 AL 30 ABRIL 2024							Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	
MAÑANA (de 9h a 12h)								
8:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			8:30
9:30	AQUADYNAMIC (45 ') (P)	GAP (45 ') (S3)	AQUADYNAMIC (45 ') (P)	PAIDE CROSS (45 ') (ZEF)	PAIDE DANCE (45 ') (S3)			9:30
9:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					9:30
9:45	BODY COMBAT 3 (45 ') (S3)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	CICLO (45 ') (SC)			9:45
10:30	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S3)	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S3)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
10:45	BODY PUMP (45 ') (S3)				AQUAPAIDE (45 ') (P)			10:45
11:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			11:00
11:30						BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	11:30
11:30						CICLO VIRTUAL (45 ') (SC)		11:30
MEDIODÍA (de 12h a 17h)								
12:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			12:00
12:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	12:30
13:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			13:15
13:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:30
13:45		PAIDE FUNCIONAL (45 ') (S3)		PAIDE FUNCIONAL (45 ') (S3)				13:45
14:15	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)					14:15
14:30	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)	PILATES (45 ') (S3)	BODY BALANCE (45 ') (S3)			14:30
14:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)			14:30
14:30		PAIDE CROSS (45 ') (ZEF)		PAIDE CROSS (45 ') (ZEF)				14:30
16:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			16:00
TARDE (de 17h al cierre)								
17:00	BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			17:00
17:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					17:00
18:00	PILATES (45 ') (S2)	GAP (45 ') (S3)	PILATES (45 ') (S2)	BODY BALANCE (45 ') (S2)	PAIDE DANCE (45 ') (S3)			18:00
18:00	PAIDE DANCE (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S3)	BODY PUMP (45 ') (S3)				18:00
18:00				CICLO VIRTUAL (45 ') (SC)				18:00
18:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)			18:15
19:00	CNPAIDE (30 ') (P)	PILATES (45 ') (S2)	CNPAIDE (30 ') (P)	PILATES (45 ') (S2)	BODY PUMP (45 ') (S3)			19:00
19:00	YOGA (60 ') (S2)	BODY COMBAT 3 (45 ') (S3)	YOGA (60 ') (S2)	PAIDE DANCE (45 ') (S3)				19:00
19:00	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	GAP (45 ') (S3)	CICLO (45 ') (SC)				19:00
19:00	RUNNING (60 ') (SO)		RUNNING (60 ') (SO)	PAIDE CROSS (30 ') (ZEF)				19:00
19:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			19:15
19:30	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)				19:30
20:00	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)				20:00
20:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)				20:00
20:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			20:15
21:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				21:00

LEYENDA SALAS	
P: PISCINA	17:00
S2: SALA 2	18:00
S3: SALA 3	18:00
SC: SALA CICLO	18:15
SO: SALA OUTDOOR	19:00
ZEF: ZONA E. FUNCIONAL	19:00
TIPO ACTIVIDAD	
ACUÁTICAS	19:15
BAILE	19:30
CARDIO	20:00
CARDIO-TONO	20:00
CUERPO-MENTE	20:15
TONO	21:00
VIRTUALES	

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota