

Hora de Inicio			BONAIRE				DEL 1 JULIO 2019 AL 31 JULIO 2019		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)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	PAIDE DANCE (60') (S3)			9:30
9:30	PAIDE FUNCIONAL (60') (S3)	PAIDE CROSS (60') (ZEF)	BODY PUMP (60') (S3)	PAIDE CROSS (60') (ZEF)	CICLO (45') (SC)			9:30
9:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					9:30
10:30	BODY BALANCE (60') (S2)	PILATES (60') (S3)	BODY BALANCE (60') (S2)	PILATES (60') (S3)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)		10:30
10:30	BODY PUMP (60') (S3)				BODY PUMP (60') (S3)			10:30
11:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			11:00
11:15						ABDOMINALES (15') (S2)		11:15
11:30		GAP (30') (S3)		GAP (30') (S3)		BODY PUMP (60') (S3)	CICLO (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
12:15							ABDOMINALES (15') (S2)	12:15
13:00						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:00
13:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			13:15
13:45		PAIDE FUNCIONAL (45') (S3)		PAIDE FUNCIONAL (45') (S3)				13:45
14:15	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)			14:15
14:30	BODY PUMP (60') (S3)	PILATES (60') (S2)	BODY PUMP (60') (S3)	AQUADYNAMIC (45') (P)	BODY BALANCE (60') (S3)			14:30
14:30	CICLO (45') (SC)	BODY COMBAT (60') (S3)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)			14:30
14:30		CICLO VIRTUAL (45') (SC)		PAIDE CROSS (60') (ZEF)				14:30
16:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				16:00

TARDE (de 17h al cierre)

17:30		GAP (30') (S3)		GAP (30') (S3)				17:30
17:45		CICLO VIRTUAL (45') (SC)						17:45
18:00	PAIDE DANCE (60') (S3)	PILATES (60') (S2)	STEP (60') (S3)	PAIDE FUNCIONAL (60') (S3)	BODY PUMP (60') (S3)			18:00
18:00	CICLO VIRTUAL (45') (SC)	BODY PUMP (60') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			18:00
18:00	PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)					18:00
18:45	ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)					18:45
19:00	PILATES (60') (S2)	YOGA (60') (S2)	BODY BALANCE (60') (S3)	ZUMBA (60') (S3)	BODY BALANCE (60') (S3)			19:00
19:00	BODY PUMP (60') (S3)	BODY COMBAT (60') (S3)	PAIDE CROSS (60') (ZEF)	CICLO (45') (SC)	CICLO (45') (SC)			19:00
19:15	AQUADYNAMIC (45') (P)	CICLO (45') (SC)						19:15
19:15	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)				19:15
20:00	BODY COMBAT (60') (S3)	CNPAIDE (30') (P)	PILATES (60') (S2)	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)			20:00
20:00		GAP (30') (S3)		GAP (30') (S3)				20:00
20:00		CICLO (45') (SC)		CICLO (45') (SC)				20:00
20:30	CICLO (45') (SC)	BODY PUMP (60') (S3)	CICLO (45') (SC)	BODY PUMP (60') (S3)				20:30

LEYENDA SALAS

P: PISCINA
 S2: SALA 2
 S3: SALA 3
 SC: SALA CICLO
 ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS
 BAILE
 CARDIO
 CARDIO-TONO
 CUERPO-MENTE
 TONO
 VIRTUALES

También puede consultar los horarios en Padesportcenter.com

(!!): Actividad fuera de cuota