

Hora de Inicio	PAIDESPORT CENTER		BONAIRE					DEL 1 SEPTIEMBRE 2019 AL 30 SEPTIEMBRE 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	BODY COMBAT (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)		PAIDE CROSS (30') (ZEF)		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										11:15
11:30		GAP (30') (S3)		GAP (30') (S3)			ABDOMINALES (15') (S2)			11:30
							BODY PUMP (60') (S3)	CICLO (45') (SC)		
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)	BODY BALANCE (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
14:30		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)										
17:00			BODY PUMP (45') (S3)							17:00
17:30	PAIDE CROSS (30') (ZEF)	GAP (30') (S3)	PAIDE CROSS (30') (ZEF)	GAP (30') (S3)						17:30
17:45		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						17:45
18:00	ZUMBA (60') (S3)	PILATES (60') (S2)	STEP (60') (S3)	PILATES (60') (S2)	PAIDE DANCE (60') (S3)					18:00
18:00	CICLO (45') (SC)	BODY PUMP (60') (S3)	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S3)	CICLO VIRTUAL (45') (SC)					18:00
18:45	ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)	ABDOMINALES (15') (S3)						18:45
19:00	PILATES (60') (S2)	YOGA (60') (S2)	BODY BALANCE (60') (S3)	ZUMBA (60') (S3)	BODY BALANCE (60') (S2)					19:00
19:00	BODY PUMP (60') (S3)	BODY COMBAT (60') (S3)	PAIDE CROSS (60') (ZEF)	CICLO (45') (SC)	BODY PUMP (60') (S3)					19:00
19:00		CICLO (45') (SC)			CICLO (45') (SC)					19:00
19:15	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CNPAIDE (45') (P)					19:15
19:15	CICLO (45') (SC)		CICLO (45') (SC)							19:15
20:00	BODY BALANCE (60') (S2)	CNPAIDE (30') (P)	PILATES (60') (S2)	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)					20:00
20:00	BODY COMBAT (60') (S3)	GAP (30') (S3)	BODY COMBAT (60') (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