

Hora de Inicio



**CORREDOR**

DEL 1 ABRIL 2019 AL 30 ABRIL 2019

Hora de Inicio

LUNES

MARTES

MIERCOLES

JUEVES

VIERNES

SABADO

DOMINGO

MAÑANA (de 9h a 12h)

9:00												
9:30	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)		RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)						9:00	
9:45	ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)								9:30	
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	BODY PUMP (60') (S1)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)						9:45	
10:00	BODY PUMP (60') (S1)	ZUMBA (60') (S1)	CICLO (45') (SC)	YOGA (60') (S1)	GAP (60') (S1)						10:00	
10:00	CICLO (45') (SC)	PAIDE FUNCIONAL (60') (S2)		PAIDE FUNCIONAL (60') (S2)	CICLO (45') (SC)						10:00	
10:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							10:00	
10:15									ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)	10:15	
10:30									CICLO (45') (SC)	CICLO (45') (SC)	10:30	
10:45								ABDOMINALES (15') (S2)			10:45	
11:00	BODY BALANCE (60') (S1)	YOGA (60') (S1)	PILATES (60') (S1)	ZUMBA (60') (S1)	BODY BALANCE (60') (S1)					RECUP. ESPALDA (30') (P)	11:00	
11:00	FIT BALL 2 (45') (S2)	CICLO (45') (SC)	BODY COMBAT (60') (S2)	CICLO (45') (SC)							11:00	
11:30				INICIACIÓN (30') (P)						BODY PUMP (60') (S1)	AQUADYNAMIC (45') (P)	11:30
11:30										CICLO VIRTUAL (45') (SC)	FIT BALL 1 (45') (S1)	11:30
11:30											CICLO VIRTUAL (45') (SC)	11:30
11:45		ABDOMINALES (15') (S2)										11:45

MEDIODÍA (de 12h a 17h)

12:00	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	CICLO VIRTUAL (45') (SC)						12:00
12:00	CICLO VIRTUAL (45') (SC)	PILATES (60') (S1)	CICLO VIRTUAL (45') (SC)	PILATES (60') (S1)							12:00
12:30										ABDOMINALES (15') (S2)	12:30
12:45									CICLO (45') (SC)	CICLO (45') (SC)	12:45
13:30									ABDOMINALES (15') (S2)		13:30
14:30	ENTRENAMIENTO (45') (P)	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	MÁSTER NATACIÓN (30') (P)						14:30
14:30	FIT BALL 2 (45') (S2)	BODY PUMP (60') (S1)	BODY BALANCE (60') (S1)	BODY PUMP (60') (S1)	PILATES (60') (S1)						14:30
14:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	ZUMBA (60') (S2)	CICLO (45') (SC)						14:30
14:30				CICLO VIRTUAL (45') (SC)							14:30
15:00					RECUP. ESPALDA (30') (P)						15:00
15:15	ABDOMINALES (15') (S2)	AQUADYNAMIC (45') (P)	ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)						15:15
15:15		ABDOMINALES (15') (S2)									15:15
15:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						15:30

TARDE (de 17h al cierre)

17:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)							17:30
18:00					PILATES (60') (S1)						18:00
18:00					CICLO VIRTUAL (45') (SC)						18:00
18:15				ABDOMINALES (15') (S2)							18:15
18:30	BODY BALANCE (60') (S1)	BODY PUMP (60') (S1)	BODY BALANCE (60') (S1)	BODY COMBAT (60') (S1)							18:30
18:30	CICLO (45') (SC)	CICLO (45') (SC)	FIT BALL 2 (45') (S2)	CICLO (45') (SC)							18:30
18:30			CICLO (45') (SC)								18:30
19:00					ZUMBA (60') (S1)						19:00
19:00					CICLO (45') (SC)						19:00
19:15	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)							19:15
19:30	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)	AQUADYNAMIC (45') (P)	RECUP. ESPALDA (30') (P)							19:30
19:30	BODY PUMP (60') (S1)	PILATES (60') (S1)	BODY PUMP (60') (S1)	YOGA (60') (S1)							19:30
19:30	ZUMBA (60') (S2)	BODY COMBAT (60') (S2)	ZUMBA (60') (S2)	PAIDE FUNCIONAL (60') (S2)							19:30
19:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)							19:30
19:45					ABDOMINALES (15') (S2)						19:45
20:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)		AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)						20:00
20:15			AQUAPAIDE (30') (P)								20:15
20:30	PAIDE FUNCIONAL (60') (S2)	YOGA (60') (S1)	PAIDE FUNCIONAL (60') (S2)	BODY PUMP (60') (S1)							20:30
20:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)							20:30
20:30		TRIATLÓN (60') (SO)		TRIATLÓN (60') (SO)							20:30
21:00			INICIACIÓN (30') (P)								21:00

**LEYENDA SALAS**

P: PISCINA  
 S1: SALA 1  
 S2: SALA 2  
 SC: SALA CICLO  
 SO: SALA OUTDOOR

**TIPO ACTIVIDAD**

ACUÁTICAS  
 BAILE  
 CARDIO  
 CARDIO-TONO  
 CUERPO-MENTE  
 TONO  
 VIRTUALES

También puede consultar los horarios en [Paidesportcenter.com](http://Paidesportcenter.com)

(!!): Actividad fuera de cuota