

MAÑANA (de 9h a 12h)							
9:15	CICLO (45 ') (SC)	PILATES (60 ') (S3)		CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)		9:15
9:15		CICLO VIRTUAL (45 ') (SC)					9:15
9:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		9:30
9:30			WALKING VIRTUAL (30 ') (ZIW)				9:30
10:00					ABDOMINALES (15 ') (S3)		10:00
10:15	PAIDE SALUD (60 ') (S1)	BODY COMBAT (60 ') (S3)		PILATES (60 ') (S3)	BODY COMBAT (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)
10:15	BODY PUMP (60 ') (S3)						10:15
10:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	BODY PUMP (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	BODY PUMP (60 ') (S3)	
10:30			WALKING VIRTUAL (30 ') (ZIW)				10:30
11:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO (45 ') (SC)
11:00							11:00
11:15	ZUMBA (60 ') (S3)	CICLO (45 ') (SC)		YOGA 3 (60 ') (S3)		WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)
11:15				CICLO (45 ') (SC)			11:15
11:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	ZUMBA (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	BODY BALANCE (60 ') (S3)	ZUMBA (60 ') (S3)	
11:30			WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	CICLO (45 ') (SC)	
11:45							ABDOMINALES (15 ') (S1)

MEDIODÍA (de 12h a 17h)							
12:00		BODY BALANCE (60 ') (S3)		ABDOMINALES (15 ') (S1)		ABDOMINALES (15 ') (S1)	BODY BALANCE (60 ') (S3)
12:15						WALKING VIRTUAL (30 ') (ZIW)	
12:15							12:15
12:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		12:30
12:30	WALKING VIRTUAL (30 ') (ZIW)						12:30
13:00		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	13:00
13:15						WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)
13:15							13:15
13:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		13:30
14:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			14:00
14:30	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)	PAIDE FUNCIONAL (60 ') (S3)	CICLO VIRTUAL (45 ') (SC)		14:30
14:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		14:30
15:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			15:00
15:15	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)				15:15
15:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		15:30
16:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				16:00
16:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		16:30

TARDE (de 17h al cierre)							
17:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			17:00
17:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		17:30
18:00	PILATES (60 ') (S1)	BODY BALANCE (60 ') (S1)		BODY PUMP (60 ') (S3)	BODY PUMP (60 ') (S3)		18:00
18:00		BODY PUMP (60 ') (S3)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		18:00
18:00		CICLO (45 ') (SC)					18:00
18:30	ZUMBA (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	PILATES (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		18:30
18:30	CICLO (45 ') (SC)		CICLO (45 ') (SC)				18:30
18:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)				18:30
19:00		ZUMBA (60 ') (S3)		ZUMBA (60 ') (S3)	YOGA 3 (60 ') (S3)		19:00
19:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)	CICLO (45 ') (SC)		19:00
19:15			ABDOMINALES (15 ') (S1)				19:15
19:30	BODY COMBAT (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	BODY PUMP (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		19:30
19:30	CICLO (45 ') (SC)		CICLO (45 ') (SC)				19:30
19:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)				19:30
19:45		ABDOMINALES (15 ') (S1)		ABDOMINALES (15 ') (S1)			19:45
20:00		PAIDE FUNCIONAL (60 ') (S3)		PILATES (60 ') (S1)			20:00
20:00		CICLO (45 ') (SC)		BODY COMBAT (60 ') (S3)			20:00
20:00				CICLO VIRTUAL (45 ') (SC)			20:00
20:30	BODY PUMP (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	BODY BALANCE (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		20:30
20:30	CICLO VIRTUAL (45 ') (SC)		CICLO (45 ') (SC)				20:30
20:30	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)				20:30
20:45		ABDOMINALES (15 ') (S1)					20:45
21:00		CICLO VIRTUAL (45 ') (SC)		BODY PUMP (60 ') (S3)			21:00
21:00				CICLO VIRTUAL (45 ') (SC)			21:00
21:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		21:30

LEYENDA SALAS

S1: SALA 1
S3: SALA 3
SC: SALA CICLO
ZIW: ZONA IND. WALKING
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TIPO ACTIVIDAD

ACUÁTICAS	20:00
BAILE	20:30
CARDIO	20:30
CARDIO-TONO	20:30
CUERPO-MENTE	20:45
TONO	21:00
VIRTUALES	21:00

También puede consultar los horarios en Padesportcenter.com

(!!): Actividad fuera de cuota