

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

MEDIODÍA (de 12h a 17h)							
12:00		BODY BALANCE (60 ') (S3)		ABDOMINALES (15 ') (S1)		BODY BALANCE (60 ') (S3)	12:00
12:00						CICLO VIRTUAL (45 ') (SC)	12:00
12:15	PAIDE TOTAL (45 ') (S1)					ABDOMINALES (15 ') (S1)	12:15
12:15						WALKING VIRTUAL (30 ') (ZIW)	12:15
12:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	12:30
13:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				13:00
13:15						WALKING VIRTUAL (30 ') (ZIW)	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
14:15						WALKING VIRTUAL (30 ') (ZIW)	14:15
14:30	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)	PAIDE TOTAL (45 ') (S1)	CICLO (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
15:15	ABDOMINALES (15 ') (S3)		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)	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)				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)	PAIDE TOTAL (45 ') (S1)	BODY PUMP (60 ') (S3)	YOGA 1 (60 ') (S1)		18:00
18:00		BODY PUMP (60 ') (S3)		CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)		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		PAIDE TOTAL (45 ') (S1)	GAP (30 ') (S1)	PILATES (60 ') (S1)	ZUMBA (60 ') (S3)		19:00
19:00		ZUMBA (60 ') (S3)		ZUMBA (60 ') (S3)	CICLO (45 ') (SC)		19:00
19:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)			19:00
19:30	GAP (30 ') (S1)	WALKING VIRTUAL (30 ') (ZIW)	SALSA (60 ') (S1)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		19:30
19:30	BODY COMBAT (60 ') (S3)		BODY PUMP (60 ') (S3)				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)		BODY BALANCE (60 ') (S1)	CICLO VIRTUAL (45 ') (SC)		20:00
20:00		CICLO (45 ') (SC)		BODY COMBAT (60 ') (S3)			20:00
20:00				CICLO VIRTUAL (45 ') (SC)			20:00
20:30	PAIDE TOTAL (45 ') (S1)	WALKING VIRTUAL (30 ') (ZIW)	BODY BALANCE (60 ') (S3)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		20:30
20:30	BODY PUMP (60 ') (S3)		CICLO (45 ') (SC)				20:30
20:30	CICLO VIRTUAL (45 ') (SC)		RUNNING (60 ') (SO)				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
SO: SALA OUTDOOR
ZIW: ZONA IND. WALKING

TIPO ACTIVIDAD

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También puede consultar los horarios en Paldesportcenter.com

(!!): Actividad fuera de cuota