


Hora de Inicio	 <b>PARQUESUR</b>						DEL 1 AGOSTO 2019 AL 31 AGOSTO 2019		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
9:00	CNPAIDE (30') (P)								9:00
9:15		CICLO VIRTUAL (45') (SC)							9:15
9:15						WATERPOLO (45') (P)			9:15
9:30	AQUADYNAMIC (30') (P)	AQUAPAIDE (30') (P)	CNPAIDE (30') (P)	AQUAPAIDE (30') (P)		CICLO VIRTUAL (45') (SC)			9:30
9:30	GAP (30') (S1)		CICLO VIRTUAL (45') (SC)						9:30
10:00	ZUMBA (60') (S1)	ENTRENAMIENTO (30') (P)	AQUADYNAMIC (30') (P)	RECUP. ESPALDA (30') (P)	AQUADYNAMIC (30') (P)				10:00
10:00		BODY PUMP 1 (60') (S1)	BODY COMBAT (60') (S1)	BODY PUMP 1 (60') (S1)	ZUMBA (60') (S1)				10:00
10:15	CICLO (45') (SC)		CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					10:15
10:30						CICLO (45') (SC)	CICLO (45') (SC)		10:30
11:00	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)						11:00
11:15		CICLO (45') (SC)		CICLO (45') (SC)	CICLO (45') (SC)	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S1)		11:15
11:30	BODY BALANCE (60') (S1)		PAIDE FUNCIONAL (60') (S1)			BODY PUMP 1 (60') (S1)	BODY PUMP 1 (60') (S1)		11:30
11:30						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		11:30
11:45							CNPAIDE (30') (P)		11:45
MEDIODÍA (de 12h a 17h)									
12:00	AQUAPAIDE (30') (P)	AQUAPAIDE (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)				12:00
12:00		ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)	ABDOMINALES (15') (S1)				12:00
12:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				12:15
12:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	PILATES (60') (S1)	AQUADYNAMIC (45') (P)		12:30
14:30	AQUAPAIDE (30') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)		BODY COMBAT (60') (S1)		14:30
14:30	ZUMBA (60') (S1)	PILATES (60') (S3)	BODY PUMP (60') (S3)	BODY COMBAT (60') (S1)	CICLO (45') (SC)				14:30
14:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					14:30
15:00	CNPAIDE (30') (P)		CNPAIDE (30') (P)						15:00
15:15	ABDOMINALES (15') (S3)	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)				15:15
16:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				16:00
TARDE (de 17h al cierre)									
17:15		CICLO VIRTUAL (45') (SC)							17:15
18:00	BODY PUMP (60') (S3)	PILATES (60') (S3)		BODY BALANCE (60') (S1)	BODY COMBAT (60') (S1)				18:00
18:15		ABDOMINALES (15') (S1)							18:15
18:30	CICLO (45') (SC)	BODY COMBAT (60') (S1)	BODY PUMP (60') (S3)						18:30
18:30		CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)						18:30
19:00	ZUMBA (60') (S3)	BODY PUMP (60') (S3)		GAP (30') (S3)	ZUMBA (60') (S1)				19:00
19:00				CICLO (45') (SC)	CICLO (45') (SC)				19:00
19:15	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)						19:15
19:30	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)				19:30
19:30	BODY COMBAT (60') (S1)	ZUMBA (60') (S1)	BODY COMBAT (60') (S1)	ZUMBA (60') (S1)					19:30
19:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	BODY PUMP (60') (S3)					19:30
20:00		GAP (30') (S3)		CICLO (45') (SC)	BODY PUMP (60') (S3)				20:00
20:15	CNPAIDE (30') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)	ENTRENAMIENTO (30') (P)	WATERPOLO (45') (P)				20:15
20:30	PAIDE FUNCIONAL (60') (S1)	BODY BALANCE (60') (S3)	PAIDE FUNCIONAL (60') (S1)	BODY COMBAT (60') (S1)					20:30
20:30	BODY PUMP (60') (S3)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)						20:30
20:30	CICLO VIRTUAL (45') (SC)								20:30
20:45	AQUAPAIDE (30') (P)	AQUADYNAMIC (30') (P)	AQUAPAIDE (30') (P)						20:45
21:00				INTERVAL ACUÁTICO (45') (P)					21:00

**LEYENDA SALAS**

P: PISCINA  
S1: SALA 1  
S3: SALA 3  
SC: SALA CICLO

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**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