

Hora de Inicio



# TORREPICASSO

DEL 1 JULIO 2019 AL 31 JULIO 2019

Hora de Inicio

LUNES

MARTES

MIERCOLES

JUEVES

VIERNES

SABADO

DOMINGO

MAÑANA (de 9h a 12h)

7:15	BODY PUMP (60') (S2)	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S1)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)			7:15
7:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					7:15
7:30						CX WORX (30') (S2)		7:30
8:00		ABDOMINALES (15') (S2)	ESTIRATE (15') (S1)	ABDOMINALES (15') (S2)	ESTIRATE (30') (S2)			8:00
8:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					8:15
8:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				8:30
9:00			ZUMBA (60') (S2)		CICLO VIRTUAL (45') (SC)			9:00
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					9:15
9:30	BODY PUMP (60') (S2)	CICLO VIRTUAL (45') (SC)		BODY PUMP (45') (S2)				9:30
10:00		BODY BALANCE (60') (S1)	BODY PUMP (45') (S2)		ZUMBA (60') (S2)			10:00
10:00					CICLO VIRTUAL (45') (SC)			10:00
10:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)				10:15
10:30	PILATES (60') (S1)	CICLO VIRTUAL (45') (SC)						10:30
10:45			ESTIRATE (15') (S2)					10:45
11:00				BODY BALANCE (45') (S2)	BODY PUMP (45') (S2)	CICLO (45') (SC)	CICLO (45') (SC)	11:00
11:00					CICLO VIRTUAL (45') (SC)			11:00
11:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					11:15
11:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				11:30
11:45							ABDOMINALES (15') (S2)	11:45

MEDIODÍA (de 12h a 17h)

12:00					CICLO VIRTUAL (45') (SC)	BODY PUMP (60') (S2)		12:00
12:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					12:15
12:30				CICLO VIRTUAL (45') (SC)				12:30
13:00					CICLO VIRTUAL (45') (SC)			13:00
13:15				CICLO VIRTUAL (45') (SC)				13:15
13:30	CX WORX (30') (S1)							13:30
13:45	BODY COMBAT (45') (S2)	GAP (30') (S1)	ZUMBA (45') (S1)	PAIDE HIIT (30') (S2)				13:45
13:45		CARDIO IMPACTO (45') (S2)	BODY PUMP (45') (S2)					13:45
14:00	FIT BALL (30') (S1)		PAIDE CROSS (30') (ZEF)	PAIDE CROSS (30') (ZEF)	BODY PUMP (60') (S2)			14:00
14:00	CICLO (45') (SC)				CICLO VIRTUAL (45') (SC)			14:00
14:00	PAIDE CROSS (30') (ZEF)							14:00
14:15		BODY BALANCE (45') (S1)		CX WORX (30') (S2)				14:15
14:15		CICLO (45') (SC)		CICLO (45') (SC)				14:15
14:30	YOGA (60') (S1)	BODY PUMP (45') (S2)	PILATES (45') (S1)	PAIDE CROSS (30') (ZEF)	YOGA (60') (S1)			14:30
14:30	BODY PUMP (45') (S2)		BODY COMBAT (45') (S2)					14:30
14:30	PAIDE CROSS (30') (ZEF)		CICLO (45') (SC)					14:30
14:45				BODY COMBAT (45') (S2)				14:45
15:00		PAIDE CROSS (30') (ZEF)			CICLO (45') (SC)			15:00
15:15	CICLO VIRTUAL (45') (SC)		CX WORX (30') (S2)					15:15
16:00					CICLO VIRTUAL (45') (SC)			16:00
16:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					16:15
16:30				CICLO VIRTUAL (45') (SC)				16:30

TARDE (de 17h al cierre)

17:00					CICLO VIRTUAL (45') (SC)			17:00
17:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					17:15
17:30				CICLO VIRTUAL (45') (SC)				17:30
18:00						BODY PUMP (60') (S2)		18:00
18:00						CICLO VIRTUAL (45') (SC)		18:00
18:15		CICLO VIRTUAL (45') (SC)						18:15
18:30	CX WORX (30') (S2)		YOGA (60') (S1)	CICLO VIRTUAL (45') (SC)				18:30
18:30				PAIDE CROSS (30') (ZEF)				18:30
18:45			CICLO (45') (SC)					18:45
19:00	BODY COMBAT (45') (S2)	ZUMBA (60') (S1)	CX WORX (30') (S2)	PILATES (60') (S1)	CICLO (45') (SC)			19:00
19:00	CICLO (45') (SC)	PAIDE HIIT (30') (S2)		PAIDE HIIT (30') (S2)				19:00
19:30	YOGA (60') (S1)	BODY PUMP (60') (S2)	BODY COMBAT (45') (S2)	BODY PUMP (60') (S2)				19:30
19:30		CICLO (45') (SC)	PAIDE CROSS (30') (ZEF)					19:30
19:45	BODY PUMP (45') (S2)							19:45
20:00		PILATES (60') (S1)		CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)			20:00
20:15	CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)	ESTIRATE (15') (S2)					20:15
20:15			CICLO VIRTUAL (45') (SC)					20:15
20:30	PAIDE CROSS (30') (ZEF)	CX WORX (30') (S2)						20:30
20:30		CICLO VIRTUAL (45') (SC)						20:30
21:15	CICLO VIRTUAL (45') (SC)							21:15
21:30		CICLO VIRTUAL (45') (SC)						21:30

LEYENDA SALAS

- S1: SALA 1
- S2: SALA 2
- SC: SALA CICLO
- ZEF: ZONA E. FUNCIONAL
- :
- :

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