


Hora de Inicio	 ZARAGOZA						DEL 1 AGOSTO 2019 AL 31 AGOSTO 2019		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
8:45	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				8:45
9:30	ZUMBA (60') (S2)		AQUADYNAMIC (45') (P)	BODY PUMP (60') (S2)	AQUADYNAMIC (45') (P)				9:30
10:00		CICLO (45') (SC)							10:00
10:30	BODY BALANCE (60') (S2)				CICLO VIRTUAL (45') (SC)				10:30
10:30	CICLO VIRTUAL (45') (SC)								10:30
10:45		ABDOMINALES (15') (S3)							10:45
11:00		BODY PUMP (60') (S2)							11:00
11:30	AQUADYNAMIC (45') (P)		CICLO (45') (SC)	CICLO (45') (SC)			CICLO (45') (SC)	CICLO (45') (SC)	11:30
11:45							ABDOMINALES (15') (S3)	ABDOMINALES (15') (S3)	11:45
MEDIODÍA (de 12h a 17h)									
12:15			ABDOMINALES (15') (S3)	ABDOMINALES (15') (S3)			PAIDE FUNCIONAL (60') (S2)		12:15
12:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	12:30
14:00	BODY COMBAT (60') (S2)	AQUADYNAMIC (45') (P)	BODY BALANCE (60') (S2)	BODY PUMP (60') (S2)	CICLO (45') (SC)				14:00
14:00	CICLO (45') (SC)	BODY PUMP (60') (S2)	CICLO (45') (SC)						14:00
14:45	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)			ABDOMINALES (15') (S3)			14:45
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				16:30
TARDE (de 17h al cierre)									
17:15	ZUMBA (60') (S2)	BODY BALANCE (60') (S2)		ZUMBA (60') (S2)					17:15
17:30					BODY PUMP (60') (S2)				17:30
18:00	CICLO (45') (SC)		CICLO (45') (SC)						18:00
18:15	BODY PUMP (60') (S2)	BODY COMBAT (60') (S2)	BODY BALANCE (60') (S2)	PAIDE FUNCIONAL (60') (S2)					18:15
18:30		AQUADYNAMIC (45') (P)			ZUMBA (60') (S2)				18:30
18:45	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)						18:45
19:00		CICLO (45') (SC)		CICLO (45') (SC)	CICLO (45') (SC)				19:00
19:15	PILATES (60') (S2)	ZUMBA (60') (S2)	GAP (60') (S2)	BODY COMBAT (60') (S2)					19:15
19:15	CICLO (45') (SC)		CICLO (45') (SC)						19:15
19:30	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)						19:30
19:45		ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)	ABDOMINALES (15') (S3)				19:45
20:00	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)		CICLO VIRTUAL (45') (SC)				20:00
20:15	BODY PUMP (60') (S2)	CICLO (45') (SC)	BODY PUMP (60') (S2)	BODY BALANCE (60') (S2)					20:15
20:15				CICLO (45') (SC)					20:15
20:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						20:30
21:00		ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)					21:00

LEYENDA SALAS

P: PISCINA
S2: SALA 2
S3: SALA 3
SC: SALA CICLO

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota