

Hora de Inicio	PAIDESPORT CENTER						ASTUR		DEL 1 MARZO 2023 AL 31 MARZO 2023		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO				
MAÑANA (de 9h a 12h)											
9:00	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)						9:00
9:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						9:00
9:30	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)						9:30
9:30	ZUMBA (45 ') (S2)	GAP (45 ') (S2)	ZUMBA (45 ') (S2)	GAP (45 ') (S2)	ZUMBA (45 ') (S2)						9:30
9:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)							9:30
10:00	YOGA (45 ') (S1)		YOGA (45 ') (S1)		CICLO VIRTUAL (45 ') (SC)						10:00
10:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)								10:00
10:15	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)						10:15
10:15					YOGA (45 ') (S1)						10:15
10:30	BODY PUMP (45 ') (S2)	BODY BALANCE (45 ') (S2)	BODY PUMP (45 ') (S2)	BODY BALANCE (45 ') (S2)	BODY PUMP (45 ') (S2)	INICIACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)				10:30
10:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO (45 ') (SC)	CICLO (45 ') (SC)				10:30
10:30		PAIDE TOTAL (45 ') (ZEF)		PAIDE TOTAL (45 ') (ZEF)							10:30
10:45		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)							10:45
11:00	YOGA (45 ') (S1)		YOGA (45 ') (S1)			AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)				11:00
11:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)								11:00
11:15					PILATES (45 ') (S1)						11:15
11:30	BODY COMBAT (45 ') (S2)	CICLO (45 ') (SC)	BODY COMBAT (45 ') (S2)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	BODY PUMP (45 ') (S2)				11:30
11:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				11:30
11:45						MÁSTER NATACIÓN (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)				11:45
MEDIODÍA (de 12h a 17h)											
12:00	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)						12:00
12:00	PILATES (45 ') (S1)		PILATES (45 ') (S1)								12:00
12:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)								12:00
12:15		ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (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)				12:30
13:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				13:30
13:45	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)						13:45
14:00		BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)							14:00
14:30	ABDOMINALES (15 ') (S2)	CICLO VIRTUAL (45 ') (SC)	ABDOMINALES (15 ') (S2)	CICLO VIRTUAL (45 ') (SC)	ABDOMINALES (15 ') (S2)	CICLO VIRTUAL (45 ') (SC)					14:30
15:00	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)						15:00
15:30	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)				15:30
16:00		CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)							16:00
16:15	INICIACIÓN (30 ') (P)		INICIACIÓN (30 ') (P)		INICIACIÓN (30 ') (P)						16:15
16:30	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)						16:30
16:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)								16:30
16:45	AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)						16:45
TARDE (de 17h al cierre)											
17:15	BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)		CICLO VIRTUAL (45 ') (SC)						17:15
17:30	PILATES (45 ') (S1)	GAP (45 ') (S2)	PILATES (45 ') (S1)	GAP (45 ') (S2)							17:30
17:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)							17:30
18:00	GAP (45 ') (S2)		GAP (45 ') (S2)		ZUMBA (45 ') (S2)						18:00
18:15	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)								18:15
18:30	YOGA (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	YOGA (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)						18:30
18:30	CICLO VIRTUAL (45 ') (SC)	PAIDE TOTAL (45 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)	PAIDE TOTAL (45 ') (ZEF)							18:30
19:00	BODY COMBAT (45 ') (S2)		BODY COMBAT (45 ') (S2)		BODY PUMP (45 ') (S2)						19:00
19:15		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)							19:15
19:15		BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)							19:15
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)							19:30
19:45	ZUMBA (45 ') (S2)		ZUMBA (45 ') (S2)								19:45
20:00	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)	AQUADYNAMIC (45 ') (P)						20:00
20:00		BODY BALANCE (45 ') (S2)		BODY BALANCE (45 ') (S2)	CICLO (45 ') (SC)						20:00
20:30	BODY PUMP (45 ') (S2)	AQUAPAIDE (45 ') (P)	BODY PUMP (45 ') (S2)	AQUAPAIDE (45 ') (P)							20:30
20:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)							20:30
20:30		MMA (60 ') (ZEF)		MMA (60 ') (ZEF)							20:30
20:45	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)						20:45
20:45					ABDOMINALES (15 ') (S2)						20:45
21:15	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S2)							21:15

LEYENDA SALAS

P: PISCINA
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 (!): Actividad fuera de cuota