

Hora de Inicio	PAIDESPORT CENTER						ASTUR		DEL 1 JULIO 2020 AL 31 JULIO 2020		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO				
MAÑANA (de 9h a 12h)											
8:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)					8:45
9:00	INICIACIÓN (30') (P)	MASTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MASTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	INICIACIÓN (30') (P)					9:00
9:00		CICLO VIRTUAL (45') (SC)		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)	AQUADYNAMIC (45') (P)					9:30
9:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)					9:30
9:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)								9:30
9:45	ZUMBA (45') (S1)	BODY COMBAT (45') (S2)	ZUMBA (45') (S1)	BODY COMBAT (45') (S2)	ZUMBA (45') (S1)						9:45
10:15	MASTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MASTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MASTER NATACIÓN (30') (P)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				10:15
10:15	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						10:15
10:15		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						10:15
10:30	BODY PUMP (45') (S2)	BODY BALANCE (45') (S1)	BODY PUMP (45') (S2)	BODY BALANCE (45') (S1)	BODY PUMP (45') (S2)	INICIACION (30') (P)	INICIACION (30') (P)				10:30
10:30						CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)				10:30
10:45	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)							10:45
11:00	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)				11:00
11:00						WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				11:00
11:15	PILATES (45') (S1)		PILATES (45') (S1)								11:15
11:30		CICLO (45') (SC)		CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S2)	CICLO VIRTUAL (45') (SC)				11:30
11:30						CICLO VIRTUAL (45') (SC)					11:30
11:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	MASTER NATACION (30') (P)	MASTER NATACION (30') (P)				11:45
11:45						WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				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	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)								12:00
12:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				12:30
12:30		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				12:30
13:15	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				13:15
13:30						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				13:30
13:45	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)						13:45
14:00	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (45') (S2)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (45') (S2)	WALKING VIRTUAL (30') (ZIW)						14:00
14:00		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						14:00
14:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						14:45
15:00	CNPAIDE (30') (P)		CNPAIDE (30') (P)		CNPAIDE (30') (P)						15:00
15:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						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		CNPAIDE (30') (P)		CNPAIDE (30') (P)							16:00
16:15	INICIACIÓN (30') (P)	WALKING VIRTUAL (30') (ZIW)	INICIACIÓN (30') (P)	WALKING VIRTUAL (30') (ZIW)	INICIACIÓN (30') (P)						16:15
16:15	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)						16:15
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						16:30
16:45	AQUAPAIDE (45') (P)		AQUAPAIDE (45') (P)		AQUAPAIDE (45') (P)						16:45
TARDE (de 17h al cierre)											
17:00	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						17:00
17:45	PILATES (45') (S1)	GAP (45') (S2)	PILATES (45') (S1)	GAP (45') (S2)	WALKING VIRTUAL (30') (ZIW)						17:45
17:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)							17:45
18:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)									18:00
18:15			CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						18:15
18:30	BODY COMBAT (45') (S2)	BODY BALANCE (45') (S1)	BODY COMBAT (45') (S2)	BODY BALANCE (45') (S1)	BODY PUMP (45') (S2)						18:30
18:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						18:30
19:00		AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)							19:00
19:15	ZUMBA (45') (S1)	BODY PUMP (45') (S2)	ZUMBA (45') (S1)	BODY PUMP (45') (S2)	CICLO (45') (SC)						19:15
19:15	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	WALKING VIRTUAL (30') (ZIW)						19:15
19:15	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)							19:15
20:00	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (45') (P)						20:00
20:00	BODY PUMP (45') (S2)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (45') (S2)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						20:00
20:00	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)								20:00
20:15	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)						20:15
20:30		AQUAPAIDE (45') (P)		AQUAPAIDE (45') (P)							20:30
20:45	CNPAIDE (30') (P)	WALKING VIRTUAL (30') (ZIW)	CNPAIDE (30') (P)	WALKING VIRTUAL (30') (ZIW)	CNPAIDE (30') (P)						20:45
20:45	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)						20:45

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZIW: ZONA IND. WALKING

TIPO ACTIVIDAD

ACUÁTICAS	20:00
BAILE	20:00
CARDIO	20:00
CARDIO-TONO	20:15
CUERPO-MENTE	20:30
TONO	20:45
VIRTUALES	20:45

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota