

Hora de Inicio	PAIDESPORT CENTER							ASTUR		DEL 1 AGOSTO 2020 AL 31 AGOSTO 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)							8:45
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)					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	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	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	MÁSTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MÁSTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MÁSTER 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)					INICIACIÓN (30') (P)	INICIACIÓN (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)					MÁSTER NATACIÓN (30') (P)	MÁSTER NATACIÓN (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)								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
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en [Paidesportcenter.com](http://Paidesportcenter.com)

(!!): Actividad fuera de cuota