

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)			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)	PAIDE TOTAL (45') (S2)	ZUMBA (45') (S2)	PAIDE TOTAL (45') (S2)	ZUMBA (45') (S2)			9:30
9:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)			9:30
9:30		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)				9:30
10:00	CICLO VIRTUAL (45') (SC)		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)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	10:15
10:15	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			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 (45') (SC)	CICLO VIRTUAL (45') (SC)	10:30
10:45		AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)				10:45
11:00	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)	11:00
11:00	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)			WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	11:00
11:15					CICLO VIRTUAL (45') (SC)			11:15
11:30	BODY COMBAT (45') (S2)	CICLO (45') (SC)	BODY COMBAT (45') (S2)	CICLO (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
12:15					CICLO VIRTUAL (45') (SC)			12:15
12:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	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)	12:30
13:15	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	13:15
13:15					WALKING VIRTUAL (30') (ZIW)			13:15
13:30		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)					13:45
14:00	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (45') (S2)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (45') (S2)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		14:00
14:00		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)				14:00
14:15					CICLO VIRTUAL (45') (SC)			14:15
14:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				14:30
14:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		14:45
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)	WALKING VIRTUAL (30') (ZIW)		15:30
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	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)		AQUADYNAMIC (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
17:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			17:30
17:45	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			17:45
18:30	PILATES (45') (S1)	CICLO VIRTUAL (45') (SC)	PILATES (45') (S1)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			18:30
18:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			18:30
18:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)					18:30
18:45		PAIDE TOTAL (45') (S1)		PAIDE TOTAL (45') (S1)				18:45
19:00		AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	BODY PUMP (45') (S2)			19:00
19:15	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			19:15
19:30	ZUMBA (45') (S2)	BODY PUMP (45') (S2)	ZUMBA (45') (S2)	BODY PUMP (45') (S2)				19:30
19:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)				19:30
19:45		BODY BALANCE (45') (S1)		BODY BALANCE (45') (S1)				19:45
20:00	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (45') (P)			20:00
20:00	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO (45') (SC)			20:00
20:00					WALKING VIRTUAL (30') (ZIW)			20:00
20:15	BODY COMBAT (45') (S1)		BODY COMBAT (45') (S1)					20:15
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
20:45	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	20:30
VIRTUALES	20:45

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota