

Hora de Inicio	LA ERMITA							DEL 1 DICIEMBRE 2025 AL 30 DICIEMBRE 2025							Hora de Inicio
	LUNES		MARTES		MIERCOLES		JUEVES		VIERNES		SABADO		DOMINGO		
MAÑANA (de 9h a 12h)															
9:00		YOGA (55 ') (S4)				YOGA (55 ') (S4)								9:00	
9:30	CNPAIDE (30 ') (P)		RECUP. ESPALDA (30 ') (P)		CNPAIDE (30 ') (P)		RECUP. ESPALDA (30 ') (P)		CNPAIDE (30 ') (P)		CICLO VIRTUAL (45 ') (SC)		9:30		
9:30	FUNCIONAL SENIOR (45 ') (S3)		CICLO VIRTUAL (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)		BODY PUMP (55 ') (S3)				9:30		
9:30	CICLO (45 ') (SC)								CICLO VIRTUAL (45 ') (SC)				9:30		
10:00	AQUADYNAMIC (45 ') (P)		AQUAPAIDE (45 ') (P)		RECUP. ESPALDA (30 ') (P)		PILATES (55 ') (S4)		AQUADYNAMIC (45 ') (P)		BODY PUMP (55 ') (S3)		10:00		
10:00									CICLO VIRTUAL (45 ') (SC)				10:00		
10:15							AQUAPAIDE (45 ') (P)						10:15		
10:30	ZUMBA (55 ') (S3)		CICLO (45 ') (SC)		BODY PUMP (55 ') (S3)		CICLO VIRTUAL (45 ') (SC)		BODY BALANCE (55 ') (S4)		PILATES (55 ') (S4)		10:30		
10:30	PILATES (55 ') (S4)				PILATES (55 ') (S4)				CICLO (45 ') (SC)		CICLO (45 ') (SC)		10:30		
10:30	CICLO VIRTUAL (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)								10:30		
10:45	RECUP. ESPALDA (30 ') (P)				AQUADYNAMIC (45 ') (P)								10:45		
11:00			CNPAIDE (30 ') (P)				CNPAIDE (30 ') (P)				AQUADYNAMIC (45 ') (P)		AQUAPAIDE (45 ') (P)	11:00	
11:00							PAIDE FUNCIONAL 4 (55 ') (S4)				ZUMBA (55 ') (S3)			11:00	
11:00											CICLO (45 ') (SC)			11:00	
11:15									RECUP. ESPALDA (30 ') (P)					11:15	
11:30	BODY PUMP (55 ') (S3)		PAIDE FUNCIONAL 4 (55 ') (S4)		RECUP. ESPALDA (30 ') (P)		ZUMBA (60 ') (S3)		CICLO VIRTUAL (45 ') (SC)				BODY COMBAT (55 ') (S3)	11:30	
11:30	PAIDE FUNCIONAL 4 (55 ') (S4)		CICLO VIRTUAL (45 ') (SC)		BODY BALANCE (55 ') (S4)		CICLO VIRTUAL (45 ') (SC)						CICLO (45 ') (SC)	11:30	
11:30	CICLO VIRTUAL (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)									11:30	
11:45	AQUAPAIDE (45 ') (P)		AQUADYNAMIC (45 ') (P)				AQUADYNAMIC (45 ') (P)		AQUAPAIDE (45 ') (P)		CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)	11:45	
MEDIODÍA (de 12h a 17h)															
12:00											PAIDE FUNCIONAL 3 (55 ') (S3)			12:00	
12:00											CICLO VIRTUAL (45 ') (SC)			12:00	
12:15					AQUAPAIDE (45 ') (P)									12:15	
12:30	CNPAIDE (30 ') (P)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		BODY BALANCE (55 ') (S4)		BODY PUMP (55 ') (S3)	12:30	
12:30	CICLO VIRTUAL (45 ') (SC)												CICLO VIRTUAL (45 ') (SC)	12:30	
12:45			RECUP. ESPALDA (30 ') (P)								AQUAPAIDE (45 ') (P)		AQUADYNAMIC (45 ') (P)	12:45	
13:00											CICLO VIRTUAL (45 ') (SC)			13:00	
13:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)	13:30	
14:30	AQUADYNAMIC (45 ') (P)		ENTRENAMIENTO (60 ') (P)		INTERVAL ACUÁTICO (55 ') (P)		ENTRENAMIENTO (60 ') (P)		AQUADYNAMIC (45 ') (P)					14:30	
14:30	CICLO (45 ') (SC)		BODY PUMP (55 ') (S3)		CICLO (45 ') (SC)		BODY PUMP (55 ') (S3)		CICLO (45 ') (SC)					14:30	
14:30			PILATES (55 ') (S4)				CICLO VIRTUAL (45 ') (SC)							14:30	
14:30			CICLO VIRTUAL (45 ') (SC)											14:30	
15:15	CNPAIDE (30 ') (P)								CNPAIDE (30 ') (P)					15:15	
15:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					15:30	
16:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		AQUADYNAMIC (45 ') (P)			16:30	
TARDE (de 17h al cierre)															
17:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					17:30	
18:00	AQUADYNAMIC (45 ') (P)		RECUP. ESPALDA (30 ') (P)		AQUADYNAMIC (45 ') (P)		CNPAIDE (30 ') (P)		ENTRENAMIENTO (60 ') (P)					18:00	
18:00	BODY COMBAT (55 ') (S3)		PILATES (55 ') (S4)		ZUMBA (55 ') (S3)		BODY PUMP (55 ') (S3)		ZUMBA (55 ') (S3)					18:00	
18:00	PAIDE FUNCIONAL (55 ') (ZEF)				PAIDE FUNCIONAL (55 ') (ZEF)		PILATES (55 ') (S4)							18:00	
18:30	CICLO (45 ') (SC)		AQUAPAIDE (45 ') (P)				CICLO VIRTUAL (45 ') (SC)							18:30	
18:30			ZUMBA (55 ') (S3)											18:30	
18:30			CICLO (45 ') (SC)											18:30	
18:45	CNPAIDE (30 ') (P)				CNPAIDE (30 ') (P)									18:45	
19:00	XCORE (45 ') (S3)		BODY BALANCE (55 ') (S4)		XCORE (45 ') (S3)		AQUAPAIDE (45 ') (P)		XCORE (45 ') (S3)					19:00	
19:00	PILATES (55 ') (S4)				PILATES (55 ') (S4)		BODY BALANCE (55 ') (S4)		CICLO (45 ') (SC)					19:00	
19:00					CICLO (45 ') (SC)									19:00	
19:15									AQUADYNAMIC (45 ') (P)					19:15	
19:30	CICLO (45 ') (SC)		BODY PUMP (55 ') (S3)				BODY COMBAT (55 ') (S3)							19:30	
19:30			CICLO (45 ') (SC)				CICLO (45 ') (SC)							19:30	
19:45	AQUAPAIDE (45 ') (P)		AQUADYNAMIC (45 ') (P)		AQUAPAIDE (45 ') (P)									19:45	
20:00	BODY PUMP (55 ') (S3)		PAIDE FUNCIONAL 4 (55 ') (S4)		BODY BALANCE (55 ') (S4)		RECUP. ESPALDA (30 ') (P)		BODY PUMP (55 ') (S3)					20:00	
20:00	BODY BALANCE (55 ') (S4)				CICLO (45 ') (SC)		PAIDE FUNCIONAL 4 (55 ') (S4)		CICLO VIRTUAL (45 ') (SC)					20:00	
20:15									RECUP. ESPALDA (30 ') (P)					20:15	
20:30	RECUP. ESPALDA (30 ') (P)		BODY COMBAT (55 ') (S3)		RECUP. ESPALDA (30 ') (P)		CNPAIDE (30 ') (P)							20:30	
20:30			CICLO VIRTUAL (45 ') (SC)		BODY PUMP (55 ') (S3)		ZUMBA (55 ') (S3)							20:30	
20:45			TRIATLÓN (90 ') (SO)				TRIATLÓN (90 ') (SO)							20:45	
21:00	ENTRENAMIENTO (60 ') (P)		CNPAIDE (30 ') (P)		ENTRENAMIENTO (60 ') (P)		AQUADYNAMIC (45 ') (P)		CNPAIDE (30 ') (P)					21:00	
21:00	ZUMBA (55 ') (S3)		PILATES (55 ') (S4)		YOGA (55 ') (S4)				CICLO VIRTUAL (45 ') (SC)					21:00	
21:00	YOGA (55 ') (S4)				CICLO VIRTUAL (45 ') (SC)									21:00	
21:00	RUNNING (90 ') (SO)													21:00	
21:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)							21:30	
También puede consultar los horarios en Paidesportcenter.com															
(!): Actividad fuera de cuota															

LEYENDA SALAS

P: PISCINA
S3: SALA 3
S4: SALA 4
SC: SALA CICLO
SO: SALA OUTDOOR
ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES