

Hora de Inicio		LA ERMITA						DEL 1 JULIO 2020 AL 31 JULIO 2020		Hora de Inicio			
LUNES		MARTES		MIERCOLES		JUEVES		VIERNES		SABADO		DOMINGO	
MAÑANA (de 9h a 12h)													
9:00		YOGA (45 ') (S4)				YOGA (45 ') (S4)						9:00	
9:15	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)		BODY PUMP (45 ') (S3)				9:15	
9:30	CNPAIDE (30 ') (P)	RECUP. ESPALDA (30 ') (P)		CNPAIDE (30 ') (P)		RECUP. ESPALDA (30 ') (P)		CNPAIDE (30 ') (P)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	9:30	
10:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)		RECUP. ESPALDA (30 ') (P)				AQUADYNAMIC (45 ') (P)		BODY PUMP (45 ') (S3)		10:00	
10:00								BODY BALANCE (45 ') (S4)				10:00	
10:15		CICLO (45 ') (SC)				AQUAPAIDE (45 ') (P)		CICLO (45 ') (SC)				10:15	
10:30	PILATES (45 ') (S4)	BODY COMBAT 4 (45 ') (S4)		BODY PUMP (45 ') (S3)		BODY COMBAT (45 ') (S3)				CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30	
10:30	CICLO VIRTUAL (45 ') (SC)			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										ZUMBA (45 ') (S3)		11:00	
11:15	BODY PUMP (45 ') (S3)	ZUMBA (45 ') (S3)				PAIDE FUNCIONAL (45 ') (S4)		RECUP. ESPALDA (30 ') (P)			PILATES (45 ') (S4)	11:15	
11:30	CICLO VIRTUAL (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S4)		RECUP. ESPALDA (30 ') (P)		ZUMBA (45 ') (S3)		CICLO VIRTUAL (45 ') (SC)		CICLO (45 ') (SC)	BODY COMBAT (45 ') (S3)	11:30	
11:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					CICLO (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 (45 ') (S3)			12:00	
12:15				AQUAPAIDE (45 ') (P)							PILATES (45 ') (S4)	12:15	
12:30	CNPAIDE (30 ') (P)	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		YOGA (45 ') (S4)		BODY PUMP (45 ') (S3)	12:30
12:30	CICLO VIRTUAL (45 ') (SC)									CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	12:30
12:45		RECUP. ESPALDA (30 ') (P)								AQUAPAIDE (45 ') (P)		AQUADYNAMIC (45 ') (P)	12:45
13:30	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)	13:30
14:15	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)		INTERVAL ACUÁTICO (45 ') (P)		ENTRENAMIENTO (45 ') (P)		AQUADYNAMIC (45 ') (P)					14:15
14:30	CICLO (45 ') (SC)	BODY PUMP (45 ') (S3)		CICLO (45 ') (SC)		BODY PUMP (45 ') (S3)		CICLO (45 ') (SC)					14:30
14:30		CICLO VIRTUAL (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)							14:30
15:00	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)					15:30
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					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 (45 ') (P)					18:00
18:15	BODY COMBAT (45 ') (S3)	PILATES (45 ') (S4)		ZUMBA (45 ') (S3)		PILATES (45 ') (S4)		ZUMBA (45 ') (S3)					18:15
18:30	CICLO (45 ') (SC)	AQUAPAIDE (45 ') (P)				BODY PUMP (45 ') (S3)							18:30
18:30		CICLO (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)							18:30
18:45	CNPAIDE (30 ') (P)	ZUMBA (45 ') (S3)		CNPAIDE (30 ') (P)		AQUAPAIDE (45 ') (P)							18:45
18:45	PILATES (45 ') (S4)			PILATES (45 ') (S4)									18:45
19:00				CICLO (45 ') (SC)				BODY ATTACK 4 (45 ') (S4)					19:00
19:00								CICLO (45 ') (SC)					19:00
19:15	BODY PUMP (45 ') (S3)	BODY BALANCE (45 ') (S4)		BODY ATTACK (45 ') (S3)		BODY BALANCE (45 ') (S4)		AQUADYNAMIC (45 ') (P)					19:15
19:30	CICLO (45 ') (SC)	AQUADYNAMIC (45 ') (P)				BODY COMBAT (45 ') (S3)							19:30
19:30		CICLO (45 ') (SC)				CICLO (45 ') (SC)							19:30
19:45	AQUAPAIDE (45 ') (P)	BODY PUMP (45 ') (S3)		AQUAPAIDE (45 ') (P)				BODY PUMP (45 ') (S3)					19:45
19:45				BODY BALANCE (45 ') (S4)									19:45
20:00				CICLO (45 ') (SC)		RECUP. ESPALDA (30 ') (P)		CICLO VIRTUAL (45 ') (SC)					20:00
20:15	ZUMBA (45 ') (S3)	PILATES (45 ') (S4)						RECUP. ESPALDA (30 ') (P)					20:15
20:30	RECUP. ESPALDA (30 ') (P)	CICLO (45 ') (SC)		RECUP. ESPALDA (30 ') (P)		CNPAIDE (30 ') (P)							20:30
20:30	CICLO (45 ') (SC)			BODY PUMP (45 ') (S3)		CICLO (45 ') (SC)							20:30
20:45		BODY COMBAT (45 ') (S3)											20:45
21:00	YOGA (45 ') (S4)	CNPAIDE (30 ') (P)		YOGA (45 ') (S4)		AQUADYNAMIC (45 ') (P)		CNPAIDE (30 ') (P)					21:00
21:00				CICLO VIRTUAL (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)					21:00
21:15	ENTRENAMIENTO (30 ') (P)			ENTRENAMIENTO (30 ') (P)									21:15
21:15	GAP (30 ') (S3)												21:15
21:30		RECUP. ESPALDA (30 ') (P)											21:30
21:45		ZUMBA (45 ') (S3)											21:45
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
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TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES