

Hora de Inicio	PAIDESPORT CENTER							LA ERMITA		DEL 1 NOVIEMBRE 2022 AL 30 NOVIEMBRE 2022		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)	CICLO VIRTUAL (45') (SC)				9:30	
9:30	PAIDE SALUD (55') (S3)		PAIDE SALUD (55') (S3)	CICLO (45') (SC)	BODY PUMP (55') (S3)						9:30	
9:30	CICLO (45') (SC)		CICLO (45') (SC)		PAIDE SENIOR (!!) (60') (S4)						9:30	
9:30					CICLO VIRTUAL (45') (SC)						9:30	
9:45		CX WORX (30') (S3)		CX WORX (30') (S3)							9:45	
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			BOXEO (!!) (60') (ZEF)								10:00	
10:15				AQUAPAIDE (45') (P)							10:15	
10:30	ZUMBA (55') (S3)	BODY COMBAT (55') (S3)	BODY PUMP (55') (S3)	BODY COMBAT (55') (S3)	BODY BALANCE (55') (S4)	GAP (30') (S4)	CICLO (45') (SC)				10:30	
10:30	PILATES (55') (S4)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	ABDOMINALES (15') (ZEF)				10:30	
10:30	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 (55') (S4)		ZUMBA (55') (S3)	PILATES (55') (S4)				11:00	
11:15						RECUP. ESPALDA (30') (P)					11:15	
11:30	BODY PUMP (55') (S3)	ZUMBA (55') (S3)	RECUP. ESPALDA (30') (P)	ZUMBA (55') (S3)	CX WORX (30') (S3)	CICLO (45') (SC)	BODY COMBAT (55') (S3)				11:30	
11:30	BODY BALANCE (55') (S4)	CICLO VIRTUAL (45') (SC)	BODY ATTACK (55') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO (45') (SC)				11:30	
11:30	CICLO VIRTUAL (45') (SC)		PAIDE SENIOR (!!) (60') (S4)								11:30	
11:30			CICLO VIRTUAL (45') (SC)								11:30	
11:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	PAIDE TOTAL (45') (ZEF)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)				11:45	
11:45		PAIDE CROSS (30') (ZEF)									11:45	
MEDIODÍA (de 12h a 17h)												
12:00						PAIDE FUNCIONAL 3 (45') (S3)	ABDOMINALES (15') (ZEF)				12:00	
12:15		ABDOMINALES (15') (ZEF)	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)		ABDOMINALES (15') (ZEF)	PAIDE CROSS (30') (ZEF)		CICLO VIRTUAL (45') (SC)	PILATES (55') (S4)				12:30	
12:30	PAIDE TOTAL (45') (ZEF)						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	ABDOMINALES (15') (ZEF)										14:15	
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	PAIDE CROSS (30') (ZEF)	PILATES (55') (S4)	PAIDE TOTAL (45') (ZEF)	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)	BODY PUMP (55') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)					16:30	
16:30			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)	BODY PUMP (55') (S3)	CICLO VIRTUAL (45') (SC)						17:30	
17:30				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	
18:00	CX WORX (30') (S3)	PILATES (55') (S4)	ZUMBA (55') (S3)	PILATES (55') (S4)	ZUMBA (55') (S3)						18:00	
18:00	PAIDE TOTAL (45') (ZEF)	PAIDE CROSS (30') (ZEF)									18:00	
18:30	BODY COMBAT (55') (S3)	AQUAPAIDE (45') (P)	GAP (30') (S4)	CICLO VIRTUAL (45') (SC)							18:30	
18:30	CICLO (45') (SC)	ZUMBA (55') (S3)									18:30	
18:30		CICLO (45') (SC)									18:30	
18:30		ABDOMINALES (15') (ZEF)									18:30	
18:45	CNPAIDE (30') (P)		CNPAIDE (30') (P)								18:45	
18:45	ABDOMINALES (15') (ZEF)										18:45	
19:00	PILATES (55') (S4)	BODY BALANCE (55') (S4)	BODY ATTACK (55') (S3)	AQUAPAIDE (45') (P)	BODY ATTACK (55') (S3)						19:00	
19:00			PILATES (55') (S4)	BODY COMBAT (55') (S3)	CICLO (45') (SC)						19:00	
19:00			CICLO (45') (SC)	BODY BALANCE (55') (S4)							19:00	
19:00				PAIDE TOTAL (45') (ZEF)							19:00	
19:15					AQUADYNAMIC (45') (P)						19:15	
19:30	BODY PUMP (55') (S3)	BODY PUMP (55') (S3)		CICLO (45') (SC)							19:30	
19:30	CICLO (45') (SC)	CICLO (45') (SC)									19:30	
19:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	ABDOMINALES (15') (ZEF)							19:45	
20:00	BODY BALANCE (55') (S4)	PAIDE FUNCIONAL (55') (S4)	CX WORX (30') (S3)	RECUP. ESPALDA (30') (P)	BODY PUMP (55') (S3)						20:00	
20:00			BODY BALANCE (55') (S4)	GAP 3 (30') (S3)	CICLO VIRTUAL (45') (SC)						20:00	
20:00			CICLO (45') (SC)	PAIDE FUNCIONAL (55') (S4)							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	ZUMBA (55') (S3)	CICLO (45') (SC)	BODY PUMP (55') (S3)	ZUMBA (55') (S3)							20:30	
20:30	CICLO (45') (SC)		BOXEO (!!) (60') (ZEF)	CICLO (45') (SC)							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	YOGA (55') (S4)	PILATES (55') (S4)	YOGA (55') (S4)		CICLO VIRTUAL (45') (SC)						21:00	
21:00	RUNNING (90') (SO)		CICLO VIRTUAL (45') (SC)		PAIDE CROSS (30') (ZEF)						21:00	
21:30	CICLO VIRTUAL (45') (SC)	ZUMBA (55') (S3)		BODY PUMP (55') (S3)							21:30	
21:30	PAIDE CROSS (30') (ZEF)	PAIDE TOTAL (45') (ZEF)									21:30	
22:00	ABDOMINALES (15') (ZEF)										22:00	
22:15		ABDOMINALES (15') (ZEF)									22:15	

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