BASSA

DEL 1 DICIEMBRE 2025 AL 31 DICIEMBRE 2025

PAIDESPORT CENTER

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	Hora de Inicio
MAÑANA (de 9h a 12h)								
7:45	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	BODY BALANCE (45 ') (S1)	CICLO (45 ') (SC)			7:45
7:45		CICLO VIRTUAL (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)				7:45
8:15					ZUMBA (55 ') (S1)			8:15
8:30	ABDOMINALES (10 ') (ZEF)				ABDOMINALES (10 ') (ZEF)			8:30
9:15	AQUADYNAMIC. (45 ') (P)	CICLO (45 ') (SC)	AQUADYNAMIC. (45 ') (P)	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S1)			9:15
9:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			9:15
9:30	BODY PUMP (45 ') (S1)	ZUMBA (55 ') (S1)	BODY COMBAT 1 (45 ') (S1)	GLUTEBOOM (45 ') (S1)				9:30
10:00	RECUP. ESPALDA (30 ') (P)							10:00
10:15	YOGA 1 (50 ') (S1)	AQUADYNAMIC. (45 ') (P)	BODY BALANCE (45 ') (S1)	AQUADYNAMIC. (45 ') (P)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	10:15
10:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			10:15
10:15				PAIDE CROSS (30 ') (ZEF)				10:15
10:30				YOGA 1 (50 ') (S1)				10:30
11:00		RECUP. ESPALDA (30 ') (P)		RECUP. ESPALDA (30 ') (P)				11:00
11:15	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC. (45 ') (P)	BODY PUMP (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	11:15
11:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		11:15
MEDIODÍA (de 12h a 17h)								
12:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	12:15
12:15						CICLO VIRTUAL (45 ') (SC)		12:15
13:15	CICLO (45 ') (SC)	BODY COMBAT 1 (45 ') (S1)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:15
13:15		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				13:15
14:00	BODY PUMP (45 ') (S1)							14:00
14:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			14:15
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			BODY PUMP (45 ') (S1)					15:30
16:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S1)			16:15
16:15					CICLO VIRTUAL (45 ') (SC)			16:15
16:30	BODY PUMP (45 ') (S1)		AQUADYNAMIC (45 ') (P)	BODY COMBAT 1 (45 ') (S1)				16:30
16:45		CICLO (45 ') (SC)						16:45
TARDE (de 17h al cierre)								
17:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		YOGA 1 (50 ') (S1)			17:15
17:15					CICLO (45 ') (SC)			17:15
17:30		CICLO VIRTUAL (30 ') (SC)		CICLO VIRTUAL (30 ') (SC)				17:30
17:45		BODY PUMP (45 ') (S1)	GLUTEBOOM (45 ') (S1)					17:45
18:00	ZUMBA (55 ') (S1)			BODY BALANCE (45 ') (S1)				18:00
18:00	PAIDE CROSS (30 ') (ZEF)							18:00
18:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY COMBAT 1 (45 ') (S1)			18:15
18:15					CICLO VIRTUAL (45 ') (SC)			18:15
18:30		ABDOMINALES (10 ') (ZEF)	YOGA 1 (50 ') (S1)					18:30
18:45		BODY BALANCE (45 ') (S1)		ABDOMINALES (10 ') (ZEF)				18:45
19:00				ZUMBA (55 ') (S1)				19:00
19:15	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			19:15
19:15	BODY COMBAT 1 (45 ') (S1)		CICLO VIRTUAL (45 ') (SC)					19:15
19:15	CICLO (45 ') (SC)							19:15
19:30		CNPAIDE (45 ') (P)	BODY PUMP (45 ') (S1)	CNPAIDE (45 ') (P)				19:30
19:30		YOGA 1 (50 ') (S1)						19:30
20:00	CNPAIDE (45 ') (P)		CNPAIDE (45 ') (P)					20:00
20:15	BODY BALANCE (45 ') (S1)	AQUADYNAMIC (45 ') (P)	BODY COMBAT 1 (45 ') (S1)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)			20:15
20:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)				20:15
20:15				CICLO VIRTUAL (45 ') (SC)				20:15
20:30		BODY PUMP (45 ') (S1)						20:30
21:00	GLUTEBOOM (45 ') (S1)		ZUMBA (55 ') (S1)					21:00
21:15	CICLO VIRTUAL (30 ') (SC)	CICLO VIRTUAL (30 ') (SC)	CICLO VIRTUAL (30 ') (SC)	CICLO VIRTUAL (30 ') (SC)	CICLO VIRTUAL (45 ') (SC)			21:15

LEYENDA SALAS

P: PISCINA
S1: SALA 1
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
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TIPO ACTIVIDAD

- ACUÁTICAS
- BAILE
- CARDIO
- CARDIO-TONO
- CUERPO-MENTE
- TONO
- VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota