


Hora de Inicio	 BASSA						DEL 1 DICIEMBRE 2021 AL 31 DICIEMBRE 2021		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
7:45	CICLO (45') (SC)	BODY PUMP (45') (S1)	ZUMBA (45') (S1)	BODY BALANCE (45') (S1)	CICLO (45') (SC)				7:45
7:45		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	PAIDE TOTAL (45') (S2)				7:45	
7:45			PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)				7:45	
9:15	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (45') (S2)			9:15	
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)			9:15	
9:30	BODY PUMP (45') (S1)		BODY COMBAT 1 (45') (S1)		PAIDE CROSS (30') (ZEF)			9:30	
9:45	YOGA (45') (S2)	ZUMBA (45') (S1)						9:45	
10:00	RECUP. ESPALDA (30') (P)							10:00	
10:15	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	BODY BALANCE (45') (S2)	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)			10:15	
10:30		PAIDE TOTAL (45') (S2)		YOGA (45') (S2)				10:30	
11:00		CNPAIDE (45') (P)		RECUP. ESPALDA (30') (P)				11:00	
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	BODY PUMP (60') (S1)	CICLO (45') (SC)	11:15	
11:15			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 PUMP (45') (S1)	CICLO (45') (SC)	BODY COMBAT 2 (45') (S2)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:15	
14:00	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	ZUMBA (45') (S1)	CICLO VIRTUAL (45') (SC)				14:00	
14:15	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)			15:15	
15:30			BODY BALANCE (45') (S2)	ZUMBA (45') (S1)	BODY PUMP (45') (S1)			15:30	
15:30				CICLO VIRTUAL (45') (SC)				15:30	
16:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			16:15	
16:30	BODY PUMP (45') (S1)		AQUADYNAMIC (45') (P)	PAIDE TOTAL (45') (S2)	AQUADYNAMIC (45') (P)			16:30	
16:45		BODY COMBAT 1 (45') (S1)						16:45	
TARDE (de 17h al cierre)									
17:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			17:15	
18:00	ZUMBA (45') (S1)	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (45') (S1)	BODY COMBAT 1 (45') (S1)			18:00	
18:00	PAIDE CROSS (30') (ZEF)			PAIDE TOTAL (45') (S2)				18:00	
18:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	YOGA (45') (S2)			18:15	
18:15					CICLO VIRTUAL (45') (SC)			18:15	
18:30	PAIDE TOTAL (45') (S2)							18:30	
19:00		PAIDE CROSS (30') (ZEF)	YOGA (45') (S2)	PAIDE FUNCIONAL (45') (S1)				19:00	
19:15	CICLO (45') (SC)	BODY BALANCE (45') (S1)	BODY PUMP (45') (S1)	CICLO (45') (SC)	CICLO (45') (SC)			19:15	
19:15		CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					19:15	
19:30	AQUADYNAMIC (45') (P)	CNPAIDE (45') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (45') (P)	ZUMBA (45') (S1)			19:30	
19:30	BODY COMBAT 1 (45') (S1)	PAIDE TOTAL (45') (S2)						19:30	
20:00			BODY COMBAT 2 (45') (S2)	BODY PUMP (45') (S1)				20:00	
20:15	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)			20:15	
20:15	BODY BALANCE (45') (S2)	BODY PUMP (45') (S1)						20:15	
20:15		CICLO VIRTUAL (45') (SC)						20:15	
20:30	CICLO (45') (SC)		CICLO (45') (SC)					20:30	
20:45		YOGA (45') (S2)	ZUMBA (45') (S1)					20:45	

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota