


Hora de Inicio	 BASSA							DEL 1 NOVIEMBRE 2019 AL 30 NOVIEMBRE 2019		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)										
7:45	CICLO (45') (SC)	BODY PUMP (60') (S1)	ZUMBA (60') (S1)	BODY BALANCE (60') (S2)	CICLO (45') (SC)					7:45
7:45		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						7:45
7:45			PAIDE CROSS (30') (ZEF)							7:45
8:30	ABDOMINALES (15') (S2)				ABDOMINALES (15') (S2)					8:30
9:00		PAIDE BOX (!!) (60') (ZEF)		PAIDE BOX (!!) (60') (ZEF)						9:00
9:15	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (60') (S1)					9:15
9:15	BODY PUMP (60') (S1)		BODY COMBAT (45') (S1)	CICLO (45') (SC)						9:15
9:30	YOGA (60') (S2)	ZUMBA (60') (S1)			PAIDE CROSS (30') (ZEF)					9:30
10:00	RECUPERACIÓN DE ESPALDA (30') (P)									10:00
10:15		AQUADYNAMIC (45') (P)	BODY BALANCE (45') (S1)	AQUADYNAMIC (45') (P)	BODY PUMP (60') (S1)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)			10:15
10:15			CICLO VIRTUAL (45') (SC)			PAIDE BOX (!!) (60') (ZEF)				10:15
10:30	CICLO VIRTUAL (45') (SC)			YOGA (60') (S2)						10:30
11:00		CNPAIDE (45') (P)		RECUPERACIÓN DE ESPALDA (30') (P)						11:00
11:15		CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)			BODY PUMP (60') (S1)	CICLO (45') (SC)			11:15
11:15						CICLO VIRTUAL (45') (SC)				11:15
11:30					AQUADYNAMIC (45') (P)					11:30
11:30					CICLO VIRTUAL (45') (SC)					11:30
11:45	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							11:45
MEDIODÍA (de 12h a 17h)										
12:00				CICLO VIRTUAL (45') (SC)						12:00
12:15		CICLO VIRTUAL (45') (SC)				CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	12:15
12:30						AQUADYNAMIC (45') (P)				12:30
13:15	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY COMBAT (45') (S2)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:15
14:00	BODY PUMP (45') (S1)	CICLO (45') (SC)	ZUMBA (60') (S1)	CICLO (45') (SC)						14:00
15:00	AQUADYNAMIC (30') (P)									15:00
15:30		PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (60') (S2)	ZUMBA (60') (S1)	BODY PUMP (60') (S1)					15:30
15:30		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)						15:30
15:30		PAIDE BOX (!!) (60') (ZEF)		PAIDE BOX (!!) (60') (ZEF)						15:30
15:45	BODY COMBAT (45') (S1)									15:45
16:15				ABDOMINALES (15') (S2)						16:15
16:30	BODY PUMP (45') (S1)	BODY COMBAT (60') (S1)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					16:30
16:30	CICLO VIRTUAL (45') (SC)									16:30
16:45			AQUADYNAMIC (45') (P)		RECUPERACIÓN DE ESPALDA (30') (P)					16:45
TARDE (de 17h al cierre)										
18:00		BODY PUMP (60') (S1)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (60') (S1)	BODY COMBAT (60') (S1)					18:00
18:00				CICLO VIRTUAL (45') (SC)	YOGA (60') (S2)					18:00
18:15	CICLO VIRTUAL (45') (SC)		CICLO (45') (SC)							18:15
18:30	ZUMBA (60') (S1)									18:30
18:30	PAIDE CROSS (30') (ZEF)									18:30
19:00		ENTRENAMIENTO (30') (P)	ABDOMINALES (15') (S1)							19:00
19:00			YOGA (60') (S2)							19:00
19:15	CICLO (45') (SC)	BODY BALANCE (60') (S1)	BODY PUMP (60') (S1)	PAIDE FUNCIONAL (45') (S1)	CICLO (45') (SC)					19:15
19:15		CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)						19:15
19:15		PAIDE CROSS (30') (ZEF)								19:15
19:30	AQUADYNAMIC (45') (P)	CNPAIDE (45') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (45') (P)	ZUMBA (60') (S1)					19:30
19:30	BODY COMBAT (60') (S1)									19:30
20:00				ABDOMINALES (15') (S1)						20:00
20:15	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)						20:15
20:15		BODY PUMP (60') (S1)	BODY COMBAT (60') (S1)	BODY PUMP (60') (S1)						20:15
20:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						20:15
20:30	BODY BALANCE (45') (S1)	YOGA (60') (S2)	CICLO (45') (SC)	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)					20:30
20:30	CICLO (45') (SC)		PAIDE BOX (!!) (60') (ZEF)							20:30
20:30	PAIDE BOX (!!) (60') (ZEF)									20:30
21:15	BODY PUMP (45') (S1)	CICLO (45') (SC)	ZUMBA (60') (S1)	BODY COMBAT (45') (S1)						21:15
21:15				CICLO VIRTUAL (45') (SC)						21:15

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota

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