

MAÑANA (de 9h a 12h)							
7:45	CICLO (45') (SC)	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S1)	YOGA (45') (S2)	CICLO (45') (SC)		7:45
7:45		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			7:45
9:00	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		9:00
9:15	BODY PUMP (45') (S1)	ZUMBA (45') (S1)	BODY COMBAT 1 (45') (S1)		BODY BALANCE (45') (S2)		9:15
10:00		YOGA (45') (S2)	BODY BALANCE (45') (S2)		BODY PUMP (45') (S1)		10:00
10:00		CICLO VIRTUAL (45') (SC)					10:00
10:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	10:15
10:15				CICLO VIRTUAL (45') (SC)			10:15
10:30	AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)					10:30
11:00		CICLO VIRTUAL (45') (SC)					11:00
11:15	CICLO VIRTUAL (45') (SC)		AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)	11:15
11:15			CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)	11:15

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)	AQUADYNAMIC (45') (P)	12:15
12:15						CICLO VIRTUAL (45') (SC)	12:15
13:00		CICLO VIRTUAL (45') (SC)					13:00
13:15	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:15
14:00	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)					14:00
14:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		14:15
15:00		CICLO VIRTUAL (45') (SC)					15:00
15:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		15:15
15:30	PAIDE FUNCIONAL (45') (S1)	BODY COMBAT 1 (45') (S1)		ZUMBA (45') (S1)	BODY PUMP (45') (S1)		15:30
16:00		CICLO VIRTUAL (45') (SC)					16:00

TARDE (de 17h al cierre)							
17:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		17:00
18:00	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		18:00
18:15	AQUADYNAMIC (45') (P)				BODY COMBAT 2 (45') (S2)		18:15
18:30	ZUMBA (45') (S1)	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (45') (S1)			18:30
19:00	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)		19:00
19:15	BODY COMBAT 2 (45') (S2)	BODY BALANCE (45') (S2)	AQUADYNAMIC (45') (P)	PAIDE FUNCIONAL 2 (45') (S2)			19:15
19:15			YOGA (45') (S2)				19:15
19:30			BODY PUMP (45') (S1)		ZUMBA (45') (S1)		19:30
20:00	BODY BALANCE (45') (S1)	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)		20:00
20:00	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			20:00
20:15			BODY COMBAT 2 (45') (S2)				20:15
21:00	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	ZUMBA (45') (S1)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		21:00
21:00			CICLO VIRTUAL (45') (SC)				21:00

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota