

Hora de Inicio	PAIDESPORT CENTER	BASSA						DEL 1 JULIO 2022 AL 31 JULIO 2022		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			

MAÑANA (de 9h a 12h)										
7:45	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	YOGA (45') (S2)	CICLO (45') (SC)					7:45
7:45		CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)						7:45
8:30	ABDOMINALES (15') (S2)					ABDOMINALES (15') (S2)				8:30
9:15	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY COMBAT 1 (45') (S1)	CICLO (45') (SC)		BODY BALANCE (45') (S2)				9:15
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)				9:15
9:30		YOGA (45') (S2)								9:30
9:45		ZUMBA (45') (S1)								9:45
10:00			BODY BALANCE (45') (S2)			BODY PUMP (45') (S1)				10:00
10:15	AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)			10:15
10:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						10:15
11:00			AQUADYNAMIC (45') (P)							11:00
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)			11:15
11:15						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 VIRTUAL (45') (SC)	BODY COMBAT 2 (45') (S2)	ZUMBA (45') (S1)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		13:15
13:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					13:15
14:00	BODY PUMP (45') (S1)		ZUMBA (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)	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)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			15:15
16:15	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)			16:15

TARDE (de 17h al cierre)										
17:00		BODY COMBAT 2 (45') (S2)		BODY PUMP (45') (S1)						17:00
17:15	PAIDE TOTAL (45') (S2)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)					17:15
17:15	CICLO VIRTUAL (45') (SC)									17:15
18:00	ZUMBA (45') (S1)	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (45') (S2)						18:00
18:15	CICLO (45') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (30') (SC)	BODY COMBAT 1 (45') (S1)					18:15
18:15					CICLO VIRTUAL (45') (SC)					18:15
18:45		ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)						18:45
19:00	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)						19:00
19:15	BODY COMBAT 1 (45') (S1)	BODY BALANCE (45') (S2)	AQUADYNAMIC (45') (P)	PAIDE TOTAL (45') (S2)	CICLO VIRTUAL (45') (SC)					19:15
19:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							19:15
19:30		CNPAIDE (45') (P)	YOGA (45') (S2)	CNPAIDE (45') (P)						19:30
20:00	BODY BALANCE (45') (S2)	BODY PUMP (45') (S1)	BODY COMBAT 1 (45') (S1)	BODY PUMP (45') (S1)						20:00
20:15	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					20:15
20:45			ZUMBA (45') (S1)							20:45
21:15	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)					21:15

LEYENDA SALAS	
P: PISCINA	
S1: SALA 1	
S2: SALA 2	
SC: SALA CICLO	
ZEF: ZONA E. FUNCIONAL	
:	
TIPO ACTIVIDAD	
ACUÁTICAS	20:00
BAILE	20:15
CARDIO	20:45
CARDIO-TONO	21:15
CUERPO-MENTE	
TONO	
VIRTUALES	

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(!!): Actividad fuera de cuota