


Hora de Inicio	 BONAIRE						DEL 1 NOVIEMBRE 2019 AL 30 NOVIEMBRE 2019		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
8:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			8:30
9:30	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)	PAIDE DANCE (60 ') (S3)				9:30
9:30	BODY COMBAT (60 ') (S3)	PAIDE CROSS (30 ') (ZEF)	BODY PUMP (60 ') (S3)	PAIDE CROSS (30 ') (ZEF)	CICLO (45 ') (SC)				9:30
9:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						9:30
10:00		PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)					10:00
10:30	BODY BALANCE (60 ') (S2)	PILATES (60 ') (S3)	BODY BALANCE (60 ') (S2)	PILATES (60 ') (S3)	AQUADYNAMIC (45 ') (P)	CICLO (45 ') (SC)			10:30
10:30	BODY PUMP (60 ') (S3)		PAIDE CROSS (30 ') (ZEF)		BODY PUMP (60 ') (S3)				10:30
11:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				11:00
11:15						ABDOMINALES (15 ') (S2)			11:15
11:30		GAP (30 ') (S3)		GAP (30 ') (S3)		BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)		11:30
MEDIODÍA (de 12h a 17h)									
12:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				12:00
12:15							ABDOMINALES (15 ') (S2)		12:15
13:00						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		13:00
13:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				13:15
13:45		PAIDE FUNCIONAL (45 ') (S3)		PAIDE FUNCIONAL (45 ') (S3)					13:45
14:15	BOXEO (II) (60 ') (S2)		BOXEO (II) (60 ') (S2)		ABDOMINALES (15 ') (S3)				14:15
14:15	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)						14:15
14:30	BODY PUMP (60 ') (S3)	BODY BALANCE (60 ') (S2)	BODY PUMP (60 ') (S3)	AQUADYNAMIC (45 ') (P)	BODY BALANCE (60 ') (S3)				14:30
14:30	CICLO (45 ') (SC)	BODY COMBAT (60 ') (S3)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)				14:30
14:30		CICLO VIRTUAL (45 ') (SC)		PAIDE CROSS (30 ') (ZEF)					14:30
14:30		PAIDE CROSS (30 ') (ZEF)							14:30
15:00		PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)					15:00
16:00	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					16:00
TARDE (de 17h al cierre)									
17:00			BODY PUMP (45 ') (S3)						17:00
17:30	PAIDE CROSS (30 ') (ZEF)	GAP (30 ') (S3)	PAIDE CROSS (30 ') (ZEF)	GAP (30 ') (S3)					17:30
17:45		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					17:45
18:00	ZUMBA (60 ') (S3)	PILATES (60 ') (S2)	STEP (60 ') (S3)	PILATES (60 ') (S2)	PAIDE DANCE (60 ') (S3)				18:00
18:00	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)				18:00
18:45	ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S3)					18:45
19:00	PILATES (60 ') (S2)	YOGA (60 ') (S2)	BODY BALANCE (60 ') (S3)	BOXEO (II) (60 ') (S2)	BODY BALANCE (60 ') (S2)				19:00
19:00	BODY PUMP (60 ') (S3)	BODY COMBAT (60 ') (S3)	PAIDE CROSS (30 ') (ZEF)	ZUMBA (60 ') (S3)	BODY PUMP (60 ') (S3)				19:00
19:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)	CICLO (45 ') (SC)				19:00
19:00		BOXEO (II) (60 ') (ZEF)							19:00
19:15	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	CNPAIDE (45 ') (P)				19:15
19:15	CICLO (45 ') (SC)			CICLO (45 ') (SC)					19:15
19:30			PAIDE CROSS (30 ') (ZEF)						19:30
20:00	BODY BALANCE (60 ') (S2)	CNPAIDE (30 ') (P)	PILATES (60 ') (S2)	CNPAIDE (30 ') (P)	CICLO VIRTUAL (45 ') (SC)				19:30
20:00	BODY COMBAT (60 ') (S3)	GAP (30 ') (S3)	BODY COMBAT (60 ') (S3)	GAP (30 ') (S3)					20:00
20:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)					20:00
20:30	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)	CICLO (45 ') (SC)	BODY PUMP (60 ') (S3)					20:30

LEYENDA SALAS

P: PISCINA
S2: SALA 2
S3: SALA 3
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Padesportcenter.com

(!!): Actividad fuera de cuota