

Hora de Inicio		CORREDOR						DEL 1 NOVIEMBRE 2019 AL 30 NOVIEMBRE 2019		Hora de Inicio	
		LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)											
9:15						ENTRENAMIENTO (45 ') (P)				9:15	
9:30	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)						9:30	
9:45	ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)							9:45	
10:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)	AQUAPAIDE (45 ') (P)					10:00	
10:00	BODY PUMP (60 ') (S1)	ZUMBA (60 ') (S1)	BODY PUMP (60 ') (S1)	YOGA (60 ') (S1)	GAP (60 ') (S1)					10:00	
10:00	CICLO (45 ') (SC)	PAIDE FUNCIONAL (60 ') (S2)	CICLO (45 ') (SC)	PAIDE FUNCIONAL (60 ') (S2)	CICLO (45 ') (SC)					10:00	
10:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						10:00	
10:15							ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)		10:15	
10:30							CICLO (45 ') (SC)	CICLO (45 ') (SC)		10:30	
10:45						ABDOMINALES (15 ') (S2)				10:45	
11:00	PILATES (60 ') (S1)	YOGA (60 ') (S1)	BODY BALANCE (60 ') (S1)	ZUMBA (60 ') (S2)	BODY BALANCE (60 ') (S1)			RECUP. ESPALDA (30 ') (P)		11:00	
11:00	FIT BALL 2 (45 ') (S2)	CICLO (45 ') (SC)	BODY COMBAT (60 ') (S2)	CICLO (45 ') (SC)						11:00	
11:30							BODY PUMP (60 ') (S1)	AQUADYNAMIC (45 ') (P)		11:30	
11:30							CICLO VIRTUAL (45 ') (SC)	FIT BALL 1 (45 ') (S1)		11:30	
11:30								CICLO VIRTUAL (45 ') (SC)		11:30	
11:45		ABDOMINALES (15 ') (S2)								11:45	
MEDIODÍA (de 12h a 17h)											
12:00	RECUP. ESPALDA (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)					12:00	
12:00	CICLO VIRTUAL (45 ') (SC)	PILATES (60 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PILATES (60 ') (S1)	CICLO VIRTUAL (45 ') (SC)					12:00	
12:30								ABDOMINALES (15 ') (S2)		12:30	
12:45							CICLO (45 ') (SC)	CICLO (45 ') (SC)		12:45	
13:30							ABDOMINALES (15 ') (S2)			13:30	
14:30	ENTRENAMIENTO (45 ') (P)	MÁSTER NATACIÓN (30 ') (P)	ENTRENAMIENTO (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)					14:30	
14:30	PAIDE FUNCIONAL (45 ') (S2)	BODY PUMP (60 ') (S1)	BODY BALANCE (60 ') (S1)	BODY PUMP (60 ') (S1)	PILATES (60 ') (S1)					14:30	
14:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	ZUMBA (60 ') (S2)	CICLO (45 ') (SC)					14:30	
14:30				CICLO VIRTUAL (45 ') (SC)						14:30	
15:15	ABDOMINALES (15 ') (S2)	AQUADYNAMIC (45 ') (P)	ABDOMINALES (15 ') (S2)	ENTRENAMIENTO (45 ') (P)	RECUP. ESPALDA (30 ') (P)					15:15	
15:15		ABDOMINALES (15 ') (S2)			ABDOMINALES (15 ') (S2)					15:15	
15:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					15:30	
TARDE (de 17h al cierre)											
17:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					17:30	
18:00					YOGA (60 ') (S1)					18:00	
18:15				ABDOMINALES (15 ') (S2)						18:15	
18:30	BODY BALANCE (60 ') (S1)	BODY PUMP (60 ') (S1)	PILATES (60 ') (S1)	BODY COMBAT (60 ') (S1)						18:30	
18:30	FIT BALL 2 (45 ') (S2)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)						18:30	
18:30	CICLO (45 ') (SC)									18:30	
19:00					ZUMBA (60 ') (S1)					19:00	
19:00					CICLO (45 ') (SC)					19:00	
19:15	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)						19:15	
19:30	AQUADYNAMIC (45 ') (P)	MÁSTER NATACIÓN (30 ') (P)	AQUADYNAMIC (45 ') (P)	RECUP. ESPALDA (30 ') (P)						19:30	
19:30	BODY PUMP (60 ') (S1)	PILATES (60 ') (S1)	BODY BALANCE (60 ') (S1)	BODY PUMP (60 ') (S1)						19:30	
19:30	ZUMBA (60 ') (S2)	BODY COMBAT (60 ') (S2)	ZUMBA (60 ') (S2)	PAIDE FUNCIONAL (60 ') (S2)						19:30	
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)						19:30	
19:45					ABDOMINALES (15 ') (S2)					19:45	
20:00		AQUAPAIDE (45 ') (P)		AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)					20:00	
20:15	RECUP. ESPALDA (30 ') (P)		INICIACIÓN (30 ') (P)							20:15	
20:30	PAIDE FUNCIONAL (60 ') (S1)	YOGA (60 ') (S1)	BODY PUMP (60 ') (S1)	PILATES (60 ') (S1)						20:30	
20:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)						20:30	
20:30	TRIATLÓN (60 ') (SO)		TRIATLÓN (60 ') (SO)							20:30	
También puede consultar los horarios en Paidesportcenter.com											
(!!): Actividad fuera de cuota											