

| Hora de Inicio | CORREDOR | | | | | | DEL 1 OCTUBRE 2019 AL 31 OCTUBRE 2019 | | Hora de Inicio |
|--------------------------|----------------------------|----------------------------|---------------------------|----------------------------|--------------------------|--------------------------|---------------------------------------|--|----------------|
| | LUNES | MARTES | MIÉRCOLES | 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) | AQUA PAIDE (45') (P) | AQUADYNAMIC (45') (P) | ENTRENAMIENTO (45') (P) | AQUA PAIDE (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) | | 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 | | AQUA PAIDE (45') (P) | | AQUADYNAMIC (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 |

LEYENDA SALAS

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

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Padesportcenter.com

(!!): Actividad fuera de cuota