


Hora de Inicio	 PARQUESUR							DEL 1 AGOSTO 2020 AL 31 AGOSTO 2020		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)										
8:45		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						8:45
9:30	CNPAIDE (30 ') (P)	AQUAPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	AQUADYNAMIC (30 ') (P)		CICLO VIRTUAL (45 ') (SC)				9:30
9:30	CICLO VIRTUAL (45 ') (SC)									9:30
9:45	ZUMBA (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	ZUMBA (45 ') (S1)					9:45
10:00	AQUADYNAMIC (30 ') (P)	ENTRENAMIENTO (30 ') (P)	AQUAPAIDE (30 ') (P)	RECUP. ESPALDA (30 ') (P)	AQUAPAIDE (30 ') (P)					10:00
10:00		BODY PUMP (45 ') (S3)		BODY PUMP (45 ') (S3)						10:00
10:30	CICLO (45 ') (SC)		BODY COMBAT (45 ') (S1)		CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)		10:30
10:45		CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)						10:45
11:15	PAIDE TOTAL (45 ') (S1)		BODY BALANCE (45 ') (S3)							11:15
11:30	CICLO VIRTUAL (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S3)	BODY PUMP (45 ') (S3)			11:30
11:30						CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			11:30
11:45		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)			11:45
MEDIODÍA (de 12h a 17h)										
12:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)					12:00
12:15						AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)			12:15
12:30	CICLO VIRTUAL (45 ') (SC)					CICLO VIRTUAL (45 ') (SC)	PILATES (45 ') (S1)	BODY COMBAT (45 ') (S1)		12:30
12:30							CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		12:30
12:45		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)						12:45
13:30	CICLO VIRTUAL (45 ') (SC)					CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		13:30
14:15	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	CNPAIDE (30 ') (P)					14:15
14:30	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S3)	CICLO (45 ') (SC)	BODY COMBAT (45 ') (S1)	BODY PUMP (45 ') (S3)					14:30
14:30		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		14:30
15:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		15:30
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		16:30
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)	CICLO VIRTUAL (45 ') (SC)				17:30
18:00		PILATES (45 ') (S3)	ZUMBA (45 ') (S1)		BODY COMBAT (45 ') (S1)					18:00
18:15	BODY PUMP (45 ') (S3)	BODY COMBAT (45 ') (S1)	BODY PUMP (45 ') (S3)	BODY BALANCE (45 ') (S1)						18:15
18:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)						18:30
18:45					CICLO (45 ') (SC)					18:45
19:00	BODY COMBAT (45 ') (S1)	BODY PUMP (45 ') (S3)	BODY COMBAT (45 ') (S1)	BODY PUMP (45 ') (S3)						19:00
19:15	ZUMBA (45 ') (S3)	ZUMBA (45 ') (S1)	BODY BALANCE (45 ') (S3)	ZUMBA (45 ') (S1)						19:15
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S3)					19:30
19:45	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)					19:45
20:00	PAIDE TOTAL (45 ') (S1)	BODY BALANCE (45 ') (S3)	PAIDE FUNCIONAL (45 ') (S1)	BODY COMBAT 3 (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)					20:00
20:15	BODY PUMP (45 ') (S3)									20:15
20:30	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (45 ') (P)						20:30
20:30	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)						20:30
21:00	AQUADYNAMIC (30 ') (P)	AQUAPAIDE (30 ') (P)	AQUADYNAMIC (30 ') (P)							21:00

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S3: SALA 3
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