

Hora de Inicio



# TORREPICASSO

DEL 1 FEBRERO 2020 AL 29 FEBRERO 2020

Hora de Inicio

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SABADO

DOMINGO

MAÑANA (de 9h a 12h)

7:15	BODY PUMP (60') (S2)	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S1)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		7:15
7:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		PAIDE TOTAL (45') (ZEF)		7:15
8:00		ABDOMINALES (15') (S2)	ESTIRATE (15') (S1)	ABDOMINALES (15') (S2)	CX WORX (30') (S2)		8:00
8:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		8:15
8:30					ESTIRATE (30') (S2)		8:30
9:00	PAIDE SALUD (45') (S2)	BODY COMBAT (60') (S2)	ZUMBA (60') (S2)	BODY PUMP (60') (S2)	ZUMBA (60') (S1)		9:00
9:00			PAIDE TOTAL (45') (ZEF)				9:00
9:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		9:15
9:45	ESTIRATE (15') (S2)						9:45
10:00	BODY PUMP (60') (S2)	BODY BALANCE (60') (S1)	GAP (30') (S1)	CICLO (45') (SC)	BODY PUMP (60') (S2)		10:00
10:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		10:15
10:30			PILATES (60') (S1)				10:30
11:00	PILATES (60') (S1)			BODY BALANCE (60') (S2)		CICLO (45') (SC)	11:00
11:00				CICLO VIRTUAL (45') (SC)			11:00
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		11:15
11:45						ABDOMINALES (15') (S2)	11:45

MEDIODÍA (de 12h a 17h)

12:00				CICLO VIRTUAL (45') (SC)		BODY PUMP (60') (S2)	CICLO VIRTUAL (45') (SC)	12:00
12:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			12:15
13:00						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:00
13:30	CX WORX (30') (S1)	CARDIO IMPACTO (45') (S2)	CX WORX (30') (S1)	BODY COMBAT (45') (S2)				13:30
13:30	BODY COMBAT (45') (S2)		BODY PUMP (45') (S2)					13:30
13:30	CICLO (45') (SC)		CICLO (45') (SC)					13:30
13:45		BODY BALANCE (45') (S1)		CICLO (45') (SC)				13:45
13:45		CICLO (45') (SC)		PAIDE TOTAL (45') (ZEF)				13:45
14:00	PAIDE HIIT (30') (S1)		PAIDE HIIT (30') (S1)		CICLO (45') (SC)			14:00
14:00	PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)					14:00
14:15	BODY PUMP (45') (S2)	CX WORX (30') (S2)	BODY COMBAT (45') (S2)	CX WORX (30') (S2)				14:15
14:30	YOGA (60') (S1)	ZUMBA (45') (S1)	PILATES (45') (S1)	BODY BALANCE (45') (S1)	YOGA (60') (S1)			14:30
14:30	CICLO (45') (SC)	PAIDE TOTAL (45') (ZEF)	CICLO (45') (SC)	PAIDE CROSS (30') (ZEF)				14:30
14:30	PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)					14:30
14:45		BODY PUMP (45') (S2)		BODY PUMP (45') (S2)	BODY PUMP (45') (S2)			14:45
14:45		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				14:45
15:00					CICLO VIRTUAL (45') (SC)			15:00
15:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					15:30
15:45				CICLO VIRTUAL (45') (SC)				15:45
16:00					CICLO VIRTUAL (45') (SC)			16:00
16:15		CICLO VIRTUAL (45') (SC)						16:15
16:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					16:30
16:45				CICLO VIRTUAL (45') (SC)				16:45

TARDE (de 17h al cierre)

17:00					CICLO VIRTUAL (45') (SC)			17:00
17:15		CICLO VIRTUAL (45') (SC)						17:15
17:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					17:30
17:45				CICLO VIRTUAL (45') (SC)				17:45
18:00					BODY PUMP (60') (S2)			18:00
18:00					CICLO VIRTUAL (45') (SC)			18:00
18:15		CICLO VIRTUAL (45') (SC)		PAIDE TOTAL (45') (ZEF)				18:15
18:30	PAIDE CROSS (30') (ZEF)		YOGA (90') (S1)					18:30
18:45		PAIDE TOTAL (45') (ZEF)		CICLO VIRTUAL (45') (SC)				18:45
19:00	CX WORX (30') (S2)	ZUMBA (60') (S1)	CX WORX (30') (S2)	PAIDE CROSS (30') (ZEF)	CICLO (45') (SC)			19:00
19:15	CICLO (45') (SC)		CICLO (45') (SC)					19:15
19:30	YOGA (90') (S1)	BODY PUMP (60') (S2)	BODY COMBAT (60') (S2)	PILATES (60') (S1)				19:30
19:30	BODY COMBAT (60') (S2)			BODY PUMP (60') (S2)				19:30
19:45		CICLO (45') (SC)						19:45
20:00		PILATES (60') (S1)	ZUMBA (60') (S1)		CICLO VIRTUAL (45') (SC)			20:00
20:15	CICLO (45') (SC)		CICLO VIRTUAL (45') (SC)					20:15
20:30	BODY PUMP (60') (S2)	CX WORX (30') (S2)	BODY PUMP (60') (S2)	CICLO (45') (SC)				20:30

LEYENDA SALAS

- S1: SALA 1
- S2: SALA 2
- SC: SALA CICLO
- ZEF: ZONA E. FUNCIONAL
- :
- :

TIPO ACTIVIDAD

- ACUÁTICAS
- BAILE
- CARDIO
- CARDIO-TONO
- CUERPO-MENTE
- TONO
- VIRTUALES

También puede consultar los horarios en [Paidesportcenter.com](http://Paidesportcenter.com)

(!!): Actividad fuera de cuota