

| Hora de Inicio           | PAIDESPORT CENTER        |                           |                            |                          |                          |        | TORREPICASSO |  | DEL 1 NOVIEMBRE 2019 AL 30 NOVIEMBRE 2019 |                          | 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) |        |              |  | 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) |        |              |  | 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)                          | 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)    |                          | CICLO (45') (SC)         |        |              |  |   |                          | 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)   |                          | 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