

Hora de Inicio		TORREPICASSO						DEL 1 OCTUBRE 2019 AL 31 OCTUBRE 2019		Hora de Inicio	
		LUNES	MARTES	MIERCOLES	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)	CX WORX (30 ') (S2)				7:15		
7:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				7:15		
7:45					ESTÍRATE (30 ') (S2)				7:45		
8:00		ABDOMINALES (15 ') (S2)	ESTÍRATE (15 ') (S1)	ABDOMINALES (15 ') (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		
9:00	PAIDE SALUD (45 ') (S2)	BODY COMBAT (60 ') (S2)	ZUMBA (60 ') (S2)	BODY PUMP (60 ') (S2)	ZUMBA (60 ') (S1)				9:00		
9:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				9:15		
9:45	ESTÍRATE (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)							13:45		
14:00	PAIDE HIIT (30 ') (S1)		PAIDE HIIT (30 ') (S1)	PAIDE CROSS (30 ') (ZEF)	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 CROSS (30 ') (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)							18:15		
18:30	PAIDE CROSS (30 ') (ZEF)		YOGA (90 ') (S1)	PAIDE CROSS (30 ') (ZEF)					18:30		
18:45				CICLO VIRTUAL (45 ') (SC)					18:45		
19:00	CX WORX (30 ') (S2)	ZUMBA (60 ') (S1)	CX WORX (30 ') (S2)	PAIDE HIIT (30 ') (S2)	CICLO (45 ') (SC)				19:00		
19:00		PAIDE HIIT (30 ') (S2)							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		
También puede consultar los horarios en Padesportcenter.com											
(!!): Actividad fuera de cuota											