

MAÑANA (de 9h a 12h)								
7:15	BODY PUMP (45') (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)					7:15
7:30					CX WORX (30') (S2)			7:30
8:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				8:15
9:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			9:15
10:00	BODY PUMP (45') (S2)	BODY BALANCE (45') (S1)	ZUMBA (45') (S1)	CICLO (45') (SC)	PILATES (45') (S1)			10:00
10:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			10:15
10:30						CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	10:30
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			11:15
11:30						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	11:30

MEDIODÍA (de 12h a 17h)								
12:00						BODY PUMP (45') (S2)		12:00
12:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			12:15
12:30						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	12:30
13:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			13:15
13:30						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:30
13:45	BODY COMBAT (45') (S1)	BODY PUMP (45') (S2)	CX WORX (30') (S2)	BODY PUMP (45') (S2)				13:45
13:45		PAIDE TOTAL (45') (ZEF)						13:45
14:00	CICLO (45') (SC)		CICLO (45') (SC)					14:00
14:15	PAIDE CROSS (30') (ZEF)	CICLO (45') (SC)	PAIDE CROSS (30') (ZEF)	CICLO (45') (SC)	BODY PUMP (45') (S2)			14:15
14:15					CICLO VIRTUAL (45') (SC)			14:15
14:30	BODY PUMP (45') (S2)	BODY BALANCE (45') (S1)	BODY PUMP (45') (S2)	BODY BALANCE (45') (S1)				14:30
14:45		CX WORX (30') (S2)	BODY COMBAT (45') (S1)	CX WORX (30') (S2)				14:45
15:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					15:00
15:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			15:15
16:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					16:00
16:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			16:15

TARDE (de 17h al cierre)								
17:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					17:00
17:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			17:15
18:00	BODY COMBAT (45') (S1)	BODY BALANCE (45') (S1)			BODY PUMP (45') (S2)			18:00
18:15	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CX WORX (30') (S2)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)			18:15
18:15			CICLO VIRTUAL (45') (SC)					18:15
19:00	BODY PUMP (45') (S2)	ZUMBA (45') (S1)	BODY PUMP (45') (S2)	BODY BALANCE (45') (S1)				19:00
19:00		PAIDE TOTAL (45') (ZEF)		PAIDE TOTAL (45') (ZEF)				19:00
19:15	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)			19:15
19:45		BODY PUMP (45') (S2)	BODY COMBAT (45') (S1)	BODY PUMP (45') (S2)				19:45
20:00	CX WORX (30') (S2)							20:00
20:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			20:15

LEYENDA SALAS

S1: SALA 1

S2: SALA 2

SC: SALA CICLO

ZEF: ZONA E. FUNCIONAL

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TIPO ACTIVIDAD

ACUÁTICAS

BAILE

CARDIO

CARDIO-TONO

CUERPO-MENTE

TONO

VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota