

Hora de Inicio

ZARAGOZA

DEL 1 NOVIEMBRE 2019 AL 30 NOVIEMBRE 2019

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)	CICLO VIRTUAL (45 ') (SC)		
9:00		CICLO (45 ') (SC)				
9:30			AQUADYNAMIC (45 ') (P)	BODY PUMP (60 ') (S2)		
10:00	ZUMBA (60 ') (S2)	AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)		
10:00	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				
10:15					CICLO (45 ') (SC)	
10:30		BODY COMBAT (60 ') (S2)				
10:45	ABDOMINALES (15 ') (S3)		AQUADYNAMIC (45 ') (P)			
11:00	BODY BALANCE (60 ') (S2)	BODY PUMP (60 ') (S2)		ZUMBA (60 ') (S2)		CICLO (45 ') (SC)
11:15					CICLO (45 ') (SC)	
11:30		PILATES (60 ') (S2)	CICLO (45 ') (SC)			
11:45						ABDOMINALES (15 ') (S3)
MEDIODÍA (de 12h a 17h)						
12:00					ABDOMINALES (15 ') (S3)	
12:15				ABDOMINALES (15 ') (S3)	BODY PUMP (60 ') (S2)	
12:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)
14:00	BODY COMBAT (60 ') (S2)	AQUADYNAMIC (45 ') (P)	BODY BALANCE (60 ') (S2)	CNPAIDE (45 ') (P)	ZUMBA (60 ') (S2)	
14:00	CICLO (45 ') (SC)	BODY PUMP (60 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (60 ') (S2)	CICLO (45 ') (SC)	
14:45	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)	
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	
TARDE (de 17h al cierre)						
17:30	ZUMBA (60 ') (S2)	BODY BALANCE (60 ') (S2)	PAIDE FUNCIONAL (60 ') (S2)	ZUMBA (60 ') (S2)	BODY PUMP (60 ') (S2)	
18:00	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		
18:30	PAIDE FUNCIONAL (60 ') (S2)	AQUADYNAMIC (45 ') (P)	PILATES (60 ') (S2)	BODY PUMP (60 ') (S2)	ZUMBA (60 ') (S2)	
18:30		BODY COMBAT (60 ') (S2)				
18:45	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)			
19:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)	CICLO (45 ') (SC)	
19:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)			
19:30	AQUADYNAMIC (45 ') (P)	ZUMBA (60 ') (S2)	AQUADYNAMIC (45 ') (P)	BODY COMBAT (60 ') (S2)		
19:30	PILATES (60 ') (S2)		GAP (60 ') (S2)			
19:45		ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)	ABDOMINALES (15 ') (S3)	
20:00	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	
20:15		CICLO (45 ') (SC)		CICLO (45 ') (SC)		
20:30	CNPAIDE (45 ') (P)	GAP (60 ') (S2)	CNPAIDE (45 ') (P)	BODY BALANCE (60 ') (S2)		
20:30	BODY PUMP (60 ') (S2)		BODY PUMP (60 ') (S2)			
20:30	CICLO (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			
21:00		ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)		
21:15	ABDOMINALES (15 ') (S3)					

También puede consultar los horarios en Paidesportcenter.com

(!): Actividad fuera de cuota

LEYENDA SALAS

P: PISCINA
S2: SALA 2
S3: SALA 3
SC: SALA CICLO
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TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES