


Hora de Inicio	 ZARAGOZA						DEL 1 OCTUBRE 2019 AL 31 OCTUBRE 2019		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
8:45	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				8:45
9:00		CICLO (45') (SC)							9:00
9:30			AQUADYNAMIC (45') (P)	BODY PUMP (60') (S2)					9:30
10:00	ZUMBA (60') (S2)	AQUADYNAMIC (45') (P)			AQUADYNAMIC (45') (P)				10:00
10:00	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)							10:00
10:15							CICLO (45') (SC)		10:15
10:30			BODY COMBAT (60') (S2)						10:30
10:45	ABDOMINALES (15') (S3)			AQUADYNAMIC (45') (P)					10:45
11:00	BODY BALANCE (60') (S2)	BODY PUMP (60') (S2)			ZUMBA (60') (S2)			CICLO (45') (SC)	11:00
11:15									11:15
11:30			PILATES (60') (S2)	CICLO (45') (SC)					11:30
11:45								ABDOMINALES (15') (S3)	11:45
MEDIODÍA (de 12h a 17h)									
12:00							ABDOMINALES (15') (S3)		12:00
12:15							BODY PUMP (60') (S2)		12:15
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)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	12:30
14:00	BODY COMBAT (60') (S2)	AQUADYNAMIC (45') (P)	BODY BALANCE (60') (S2)	CNPAIDE (45') (P)	ZUMBA (60') (S2)				14:00
14:00	CICLO (45') (SC)	BODY PUMP (60') (S2)	CICLO (45') (SC)	BODY PUMP (60') (S2)	CICLO (45') (SC)				14:00
14:45	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)				14:45
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				16:30
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)				17:30
18:00	CICLO (45') (SC)		CICLO (45') (SC)						18:00
18:30	PAIDE FUNCIONAL (60') (S2)	AQUADYNAMIC (45') (P)	PILATES (60') (S2)	BODY PUMP (60') (S2)	ZUMBA (60') (S2)				18:30
18:30		BODY COMBAT (60') (S2)							18:30
18:45	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)						18:45
19:00		CICLO (45') (SC)		CICLO (45') (SC)	CICLO (45') (SC)				19:00
19:15	CICLO (45') (SC)		CICLO (45') (SC)						19:15
19:30	AQUADYNAMIC (45') (P)	ZUMBA (60') (S2)	AQUADYNAMIC (45') (P)	BODY COMBAT (60') (S2)					19:30
19:30	PILATES (60') (S2)		GAP (60') (S2)						19:30
19:45		ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)	ABDOMINALES (15') (S3)	ABDOMINALES (15') (S3)			19:45
20:00	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)				20:00
20:15		CICLO (45') (SC)		CICLO (45') (SC)					20:15
20:30	CNPAIDE (45') (P)	GAP (60') (S2)	CNPAIDE (45') (P)	BODY BALANCE (60') (S2)					20:30
20:30	BODY PUMP (60') (S2)		BODY PUMP (60') (S2)						20:30
20:30	CICLO (45') (SC)		CICLO VIRTUAL (45') (SC)						20:30
21:00		ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)					21:00
21:15	ABDOMINALES (15') (S3)								21:15

LEYENDA SALAS

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

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota