

Hora de Inicio	PAIDESPORT CENTER		ZARAGOZA					DEL 1 ENERO 2022 AL 31 ENERO 2022		Hora de Inicio																												
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO																															
MAÑANA (de 9h a 12h)																																						
9:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					9:00																												
9:30			AQUADYNAMIC (45') (P)	BODY PUMP (45') (S2)						9:30																												
10:00	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)					10:00																												
10:00					CICLO (45') (SC)					10:00																												
10:15	ZUMBA (45') (S2)	AQUADYNAMIC (45') (P)				CICLO (45') (SC)				10:15																												
10:30			ZUMBA (45') (S2)	AQUADYNAMIC (45') (P)						10:30																												
11:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	PILATES (45') (S2)					11:00																												
11:00					CICLO VIRTUAL (45') (SC)					11:00																												
11:15	BODY BALANCE (45') (S2)	BODY PUMP (45') (S2)	CICLO (45') (SC)					CICLO (45') (SC)	CICLO (45') (SC)	11:15																												
11:30				YOGA (45') (S2)						11:30																												
MEDIODÍA (de 12h a 17h)																																						
12:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				12:00																												
12:15							BODY PUMP (45') (S2)	CICLO VIRTUAL (45') (SC)		12:15																												
12:15							CICLO VIRTUAL (45') (SC)			12:15																												
13:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					13:00																												
13:15							CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		13:15																												
14:00	BODY COMBAT (45') (S2)	BODY PUMP (45') (S2)	CICLO (45') (SC)	CNPAIDE (45') (P)	CICLO (45') (SC)					14:00																												
14:00	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		BODY PUMP (45') (S2)						14:00																												
14:00				CICLO VIRTUAL (45') (SC)						14:00																												
15:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					15:00																												
16:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					16:00																												
TARDE (de 17h al cierre)																																						
17:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					17:00																												
17:30		BODY BALANCE (45') (S2)		ZUMBA (45') (S2)	BODY PUMP (45') (S2)					17:30																												
17:45	ZUMBA (45') (S2)									17:45																												
18:00	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)						18:00																												
18:30		AQUADYNAMIC (45') (P)		BODY PUMP (45') (S2)	ZUMBA (45') (S2)					18:30																												
18:30		BODY COMBAT (45') (S2)			CICLO (45') (SC)					18:30																												
18:45	PAIDE FUNCIONAL (45') (S2)		PILATES (45') (S2)							18:45																												
19:00		CICLO (45') (SC)		CICLO (45') (SC)						19:00																												
19:15	CICLO (45') (SC)		CICLO (45') (SC)							19:15																												
19:30	AQUADYNAMIC (45') (P)	ZUMBA (45') (S2)	AQUADYNAMIC (45') (P)	BODY COMBAT (45') (S2)	YOGA (45') (S2)					19:30																												
19:30					CICLO VIRTUAL (45') (SC)					19:30																												
19:45	PILATES (45') (S2)		GAP (45') (S2)							19:45																												
20:15	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						20:15																												
20:30	CNPAIDE (45') (P)		CNPAIDE (45') (P)	BODY BALANCE (45') (S2)						20:30																												
20:45	BODY PUMP (45') (S2)		BODY PUMP (45') (S2)							20:45																												
<table border="1"> <thead> <tr> <th colspan="2">LEYENDA SALAS</th> </tr> </thead> <tbody> <tr> <td>P:</td> <td>PISCINA</td> </tr> <tr> <td>S2:</td> <td>SALA 2</td> </tr> <tr> <td>SC:</td> <td>SALA CICLO</td> </tr> <tr> <td>:</td> <td>:</td> </tr> <tr> <td>:</td> <td>:</td> </tr> <tr> <th colspan="2">TIPO ACTIVIDAD</th> </tr> <tr> <td colspan="2" style="background-color: #add8e6;">ACUÁTICAS</td> </tr> <tr> <td colspan="2" style="background-color: #32cd32;">BAILE</td> </tr> <tr> <td colspan="2" style="background-color: #ff0000;">CARDIO</td> </tr> <tr> <td colspan="2" style="background-color: #ff00ff;">CARDIO-TONO</td> </tr> <tr> <td colspan="2" style="background-color: #ffff00;">CUERPO-MENTE</td> </tr> <tr> <td colspan="2" style="background-color: #9090ff;">TONO</td> </tr> <tr> <td colspan="2" style="background-color: #d8bfd8;">VIRTUALES</td> </tr> </tbody> </table>											LEYENDA SALAS		P:	PISCINA	S2:	SALA 2	SC:	SALA CICLO	:	:	:	:	TIPO ACTIVIDAD		ACUÁTICAS		BAILE		CARDIO		CARDIO-TONO		CUERPO-MENTE		TONO		VIRTUALES	
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También puede consultar los horarios en Paidesportcenter.com																																						
(!!): Actividad fuera de cuota																																						