


Hora de Inicio	 <b>ASTUR</b>						DEL 1 DICIEMBRE 2022 AL 31 DICIEMBRE 2022		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
<b>MAÑANA (de 9h a 12h)</b>									
9:00	INICIACIÓN (30') (P)	MÁSTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MÁSTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)				9:00
9:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				9:00
9:30	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)				9:30
9:30	ZUMBA (45') (S2)	GAP (45') (S2)	ZUMBA (45') (S2)	GAP (45') (S2)	ZUMBA (45') (S2)				9:30
9:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					9:30
10:00	YOGA (45') (S1)		YOGA (45') (S1)		CICLO VIRTUAL (45') (SC)				10:00
10:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						10:00
10:15	MÁSTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MÁSTER NATACIÓN (30') (P)	INICIACIÓN (30') (P)	MÁSTER NATACIÓN (30') (P)				10:15
10:15					YOGA (45') (S1)				10:15
10:30	BODY PUMP (45') (S2)	BODY BALANCE (45') (S2)	BODY PUMP (45') (S2)	BODY BALANCE (45') (S2)	BODY PUMP (45') (S2)		INICIACIÓN (30') (P)	INICIACIÓN (30') (P)	10:30
10:30	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)			CICLO (45') (SC)	CICLO (45') (SC)	10:30
10:30		PAIDE TOTAL (45') (ZEF)		PAIDE TOTAL (45') (ZEF)					10:30
10:45		AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)					10:45
11:00	YOGA (45') (S1)		YOGA (45') (S1)				AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)	11:00
11:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						11:00
11:15					PILATES (45') (S1)				11:15
11:30	BODY COMBAT (45') (S2)	CICLO (45') (SC)	BODY COMBAT (45') (S2)	CICLO (45') (SC)	CICLO (45') (SC)		BODY PUMP (45') (S2)	BODY PUMP (45') (S2)	11:30
11:30							CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	11:30
11:45							MÁSTER NATACIÓN (30') (P)	MÁSTER NATACIÓN (30') (P)	11:45
<b>MEDIODÍA (de 12h a 17h)</b>									
12:00	AQUAPAIDE (45') (P)	AQUAPAIDE (45') (P)	AQUAPAIDE (45') (P)	AQUAPAIDE (45') (P)	AQUAPAIDE (45') (P)				12:00
12:00	PILATES (45') (S1)		PILATES (45') (S1)						12:00
12:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						12:00
12:15		ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)	ABDOMINALES (15') (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)	12:30
13:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:30
13:45	CICLO (45') (SC)		CICLO (45') (SC)		CICLO (45') (SC)				13:45
14:00		BODY PUMP (45') (S2)		BODY PUMP (45') (S2)					14:00
14:30	ABDOMINALES (15') (S2)	CICLO VIRTUAL (45') (SC)	ABDOMINALES (15') (S2)	CICLO VIRTUAL (45') (SC)	ABDOMINALES (15') (S2)		CICLO VIRTUAL (45') (SC)		14:30
15:00	CNPAIDE (30') (P)		CNPAIDE (30') (P)		CNPAIDE (30') (P)				15:00
15:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		15:30
16:00		CNPAIDE (30') (P)		CNPAIDE (30') (P)					16:00
16:15	INICIACIÓN (30') (P)		INICIACIÓN (30') (P)		INICIACIÓN (30') (P)				16:15
16:30	PILATES (45') (S1)	CICLO VIRTUAL (45') (SC)	PILATES (45') (S1)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				16:30
16:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						16:30
16:45	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)				16:45
<b>TARDE (de 17h al cierre)</b>									
17:15	BODY PUMP (45') (S2)		BODY PUMP (45') (S2)						17:15
17:30	PILATES (45') (S1)	GAP (45') (S2)	PILATES (45') (S1)	GAP (45') (S2)	CICLO VIRTUAL (45') (SC)				17:30
17:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					17:30
18:00	GAP (45') (S2)		GAP (45') (S2)		ZUMBA (45') (S2)				18:00
18:15	PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)						18:15
18:30	YOGA (45') (S1)	CICLO VIRTUAL (45') (SC)	YOGA (45') (S1)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				18:30
18:30	CICLO VIRTUAL (45') (SC)	PAIDE TOTAL (45') (ZEF)	CICLO VIRTUAL (45') (SC)	PAIDE TOTAL (45') (ZEF)					18:30
19:00	BODY COMBAT (45') (S2)	AQUADYNAMIC (45') (P)	BODY COMBAT (45') (S2)	AQUADYNAMIC (45') (P)	BODY PUMP (45') (S2)				19:00
19:30	CICLO (45') (SC)	BODY PUMP (45') (S2)	CICLO (45') (SC)	BODY PUMP (45') (S2)					19:30
19:30		CICLO (45') (SC)		CICLO (45') (SC)					19:30
19:45	ZUMBA (45') (S2)		ZUMBA (45') (S2)						19:45
20:00	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	AQUADYNAMIC (45') (P)				20:00
20:00					CICLO (45') (SC)				20:00
20:15		BODY BALANCE (45') (S2)		BODY BALANCE (45') (S2)					20:15
20:30	BODY PUMP (45') (S2)	AQUAPAIDE (45') (P)	BODY PUMP (45') (S2)	AQUAPAIDE (45') (P)					20:30
20:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)					20:30
20:45	CNPAIDE (30') (P)	MMA (60') (ZEF)	CNPAIDE (30') (P)	MMA (60') (ZEF)	CNPAIDE (30') (P)				20:45
20:45					ABDOMINALES (15') (S2)				20:45
21:15	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S2)					21:15

**LEYENDA SALAS**

P: PISCINA  
S1: SALA 1  
S2: SALA 2  
SC: SALA CICLO  
ZEF: ZONA E. FUNCIONAL

**TIPO ACTIVIDAD**

ACUÁTICAS  
BAILE  
CARDIO  
CARDIO-TONO  
CUERPO-MENTE  
TONO  
VIRTUALES

También puede consultar los horarios en [Padesportcenter.com](http://Padesportcenter.com)

(!!): Actividad fuera de cuota