

MAÑANA (de 9h a 12h)

| | | | | | | | | |
|-------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|-------|
| 8:45 | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | | | 8:45 |
| 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 | WALKING VIRTUAL (30 ') (ZIW) | CICLO VIRTUAL (45 ') (SC) | WALKING VIRTUAL (30 ') (ZIW) | CICLO VIRTUAL (45 ') (SC) | WALKING VIRTUAL (30 ') (ZIW) | | | 9:30 |
| 9:30 | | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | | | | 9:30 |
| 10:00 | CICLO VIRTUAL (45 ') (SC) | | 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) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | 10:15 |
| 10:15 | YOGA (45 ') (S1) | PAIDE TOTAL (45 ') (S1) | YOGA (45 ') (S1) | PAIDE TOTAL (45 ') (S1) | YOGA (45 ') (S1) | | | 10:15 |
| 10:15 | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | | | 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) | | PAIDE CROSS (30 ') (ZEF) | | | CICLO (45 ') (SC) | CICLO (45 ') (SC) | 10:30 |
| 10:45 | | AQUADYNAMIC (45 ') (P) | | AQUADYNAMIC (45 ') (P) | | | | 10:45 |
| 11:00 | CICLO VIRTUAL (45 ') (SC) | WALKING VIRTUAL (30 ') (ZIW) | CICLO VIRTUAL (45 ') (SC) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | AQUADYNAMIC (45 ') (P) | AQUADYNAMIC (45 ') (P) | 11:00 |
| 11:00 | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | | | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | 11:00 |
| 11:15 | PILATES (45 ') (S1) | | 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 | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | MÁSTER NATACIÓN (30 ') (P) | MÁSTER NATACIÓN (30 ') (P) | 11:45 |
| 11:45 | | | | | | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | 11:45 |

MEDIODÍA (de 12h a 17h)

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|-------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|-------|
| 12:00 | AQUAPAIDE (45 ') (P) | AQUAPAIDE (45 ') (P) | AQUAPAIDE (45 ') (P) | AQUAPAIDE (45 ') (P) | AQUAPAIDE (45 ') (P) | | | 12:00 |
| 12:00 | CICLO VIRTUAL (45 ') (SC) | | 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 | WALKING VIRTUAL (30 ') (ZIW) | CICLO VIRTUAL (45 ') (SC) | WALKING VIRTUAL (30 ') (ZIW) | CICLO VIRTUAL (45 ') (SC) | WALKING VIRTUAL (30 ') (ZIW) | CICLO (45 ') (SC) | CICLO (45 ') (SC) | 12:30 |
| 12:30 | | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | 12:30 |
| 13:15 | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | 13:15 |
| 13:30 | | 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 | WALKING VIRTUAL (30 ') (ZIW) | BODY PUMP (45 ') (S2) | WALKING VIRTUAL (30 ') (ZIW) | BODY PUMP (45 ') (S2) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | | 14:00 |
| 14:00 | | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | | | | 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 |
| 14:45 | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | | 14:45 |
| 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 |
| 15:30 | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | | 15:30 |
| 16:00 | | CNPAIDE (30 ') (P) | | CNPAIDE (30 ') (P) | | | | 16:00 |
| 16:15 | INICIACIÓN (30 ') (P) | WALKING VIRTUAL (30 ') (ZIW) | INICIACIÓN (30 ') (P) | WALKING VIRTUAL (30 ') (ZIW) | INICIACIÓN (30 ') (P) | | | 16:15 |
| 16:15 | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | | | 16:15 |
| 16:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 16:30 |
| 16:45 | AQUADYNAMIC (45 ') (P) | | AQUADYNAMIC (45 ') (P) | | AQUADYNAMIC (45 ') (P) | | | 16:45 |

TARDE (de 17h al cierre)

| | | | | | | | | |
|-------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|--|--|-------|
| 17:00 | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | | | 17:00 |
| 17:15 | BODY PUMP (45 ') (S2) | | BODY PUMP (45 ') (S2) | | | | | 17:15 |
| 17:30 | PILATES (45 ') (S1) | CICLO VIRTUAL (45 ') (SC) | PILATES (45 ') (S1) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 17:30 |
| 17:30 | CICLO VIRTUAL (45 ') (SC) | | CICLO VIRTUAL (45 ') (SC) | | | | | 17:30 |
| 17:45 | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | | | 17:45 |
| 18:00 | | | | | ZUMBA (45 ') (S2) | | | 18:00 |
| 18:15 | GAP (45 ') (S2) | | GAP (45 ') (S2) | | | | | 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) | WALKING VIRTUAL (30 ') (ZIW) | CICLO VIRTUAL (45 ') (SC) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | | | 18:30 |
| 18:30 | PAIDE CROSS (30 ') (ZEF) | | PAIDE CROSS (30 ') (ZEF) | | | | | 18:30 |
| 18:30 | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | | | | | 18:30 |
| 18:45 | | PAIDE TOTAL (45 ') (S1) | | PAIDE TOTAL (45 ') (S1) | | | | 18:45 |
| 19:00 | | AQUADYNAMIC (45 ') (P) | | AQUADYNAMIC (45 ') (P) | BODY PUMP (45 ') (S2) | | | 19:00 |
| 19:15 | BODY COMBAT (45 ') (S2) | WALKING VIRTUAL (30 ') (ZIW) | BODY COMBAT (45 ') (S2) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | | | 19:15 |
| 19:15 | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | | | | | 19:15 |
| 19:30 | ZUMBA (45 ') (S1) | BODY PUMP (45 ') (S2) | ZUMBA (45 ') (S1) | BODY PUMP (45 ') (S2) | | | | 19:30 |
| 19:30 | CICLO (45 ') (SC) | CICLO (45 ') (SC) | CICLO (45 ') (SC) | CICLO (45 ') (SC) | | | | 19:30 |
| 19:45 | | BODY BALANCE (45 ') (S1) | | BODY BALANCE (45 ') (S1) | | | | 19:45 |
| 20:00 | AQUADYNAMIC (45 ') (P) | CNPAIDE (30 ') (P) | AQUADYNAMIC (45 ') (P) | CNPAIDE (30 ') (P) | AQUADYNAMIC (45 ') (P) | | | 20:00 |
| 20:00 | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | WALKING VIRTUAL (30 ') (ZIW) | CICLO (45 ') (SC) | | | 20:00 |
| 20:00 | | | | | WALKING VIRTUAL (30 ') (ZIW) | | | 20:00 |
| 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) | WALKING VIRTUAL (30 ') (ZIW) | CNPAIDE (30 ') (P) | WALKING VIRTUAL (30 ') (ZIW) | CNPAIDE (30 ') (P) | | | 20:45 |
| 20:45 | WALKING VIRTUAL (30 ') (ZIW) | | WALKING VIRTUAL (30 ') (ZIW) | | ABDOMINALES (15 ') (S2) | | | 20:45 |
| 20:45 | | | | | WALKING VIRTUAL (30 ') (ZIW) | | | 20:45 |
| 21:15 | ABDOMINALES (15 ') (S1) | ABDOMINALES (15 ') (S2) | ABDOMINALES (15 ') (S1) | | | | | 21:15 |

LEYENDA SALAS

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

TIPO ACTIVIDAD

| | |
|--------------|-------|
| ACUÁTICAS | 20:00 |
| BAILE | 20:00 |
| CARDIO | 20:30 |
| CARDIO-TONO | 20:30 |
| CUERPO-MENTE | 20:45 |
| TONO | 20:45 |
| VIRTUALES | 20:45 |

(!): Actividad fuera de cuota

También puede consultar los horarios en Paidesportcenter.com