

Hora de Inicio	PAIDESPORT CENTER						ASTUR		DEL 1 DICIEMBRE 2024 AL 31 DICIEMBRE 2024		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO				
MAÑANA (de 9h a 12h)											
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)								9:00
9:30	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	INICIACIÓN (30') (P)	INICIACIÓN (30') (P)				9:30
9:30	ZUMBA (45') (S2)	BODY BALANCE (45') (S1)	ZUMBA (45') (S2)	BODY BALANCE (45') (S1)	YOGA (45') (S1)						9:30
9:30		GLUTEBOOM (45') (S2)		GLUTEBOOM (45') (S2)	BUNDA FIT (45') (S2)						9:30
9:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						9:30
9:45	YOGA (45') (S1)		YOGA (45') (S1)								9:45
10:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)				10:00
10:00						CICLO (45') (SC)	CICLO (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
10:30	YOGA (45') (S1)	BODY COMBAT (45') (S2)	YOGA (45') (S1)	BODY COMBAT (45') (S2)	PILATES (45') (S1)						10:30
10:30	BODY PUMP (45') (S2)	CICLO (45') (SC)	BODY PUMP (45') (S2)	CICLO (45') (SC)	BODY PUMP (45') (S2)						10:30
10:30					CICLO VIRTUAL (45') (SC)						10:30
10:45		AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)		MÁSTER NATACIÓN (30') (P)					10:45
11:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			BODY PUMP (45') (S2)	BODY PUMP (45') (S2)				11:00
11:00						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				11:00
11:30	INICIACIÓN (30') (P)	ESTIRAMIENTOS (30') (S2)	INICIACIÓN (30') (P)	ESTIRAMIENTOS (30') (S2)	INICIACIÓN (30') (P)						11:30
11:30	PILATES (45') (S1)	CICLO VIRTUAL (45') (SC)	PILATES (45') (S1)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)						11:30
11:30	BOOST (45') (S2)	PAIDE TOTAL (45') (ZEF)	BOOST (45') (S2)	PAIDE TOTAL (45') (ZEF)							11:30
MEDIODÍA (de 12h a 17h)											
12:00	AQUAPAIDE (45') (P)		AQUAPAIDE (45') (P)		AQUAPAIDE (45') (P)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				12:00
12:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)								12:00
12:15		AQUAPAIDE (45') (P)		AQUAPAIDE (45') (P)							12:15
12:30	PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)		CICLO VIRTUAL (45') (SC)						12:30
12:45	CNPAIDE (30') (P)		CNPAIDE (30') (P)								12:45
13:00						CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				13:00
13:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	MÁSTER NATACIÓN (30') (P)						13:30
14:00	CICLO (45') (SC)	BODY PUMP (45') (S2)	CICLO (45') (SC)	BODY PUMP (45') (S2)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					14:00
14:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							14:30
14:45	ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)						14:45
15:00	CNPAIDE (30') (P)		CNPAIDE (30') (P)		CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)					15:00
15:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)							15:30
16:00	INICIACIÓN (30') (P)	CNPAIDE (30') (P)	INICIACIÓN (30') (P)	CNPAIDE (30') (P)	INICIACIÓN (30') (P)	CICLO VIRTUAL (45') (SC)					16:00
16:00											16:00
16:30	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)						16:30
16:30	CICLO (45') (SC)		CICLO (45') (SC)								16:30
TARDE (de 17h al cierre)											
17:00					CICLO VIRTUAL (45') (SC)						17:00
17:30	PILATES (45') (S1)	CICLO (45') (SC)	PILATES (45') (S1)	CICLO (45') (SC)							17:30
17:30	BODY PUMP (45') (S2)		BODY PUMP (45') (S2)								17:30
17:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)								17:30
17:45	PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)								17:45
18:00		GLUTEBOOM (45') (S2)		GLUTEBOOM (45') (S2)	GLUTEBOOM (45') (S2)						18:00
18:00		PAIDE TOTAL (45') (ZEF)		PAIDE TOTAL (45') (ZEF)	CICLO VIRTUAL (45') (SC)						18:00
18:30	YOGA (45') (S1)	CICLO VIRTUAL (45') (SC)	YOGA (45') (S1)	CICLO VIRTUAL (45') (SC)							18:30
18:30	BOOST (45') (S2)		BOOST (45') (S2)								18:30
18:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)								18:30
18:45		PILATES (45') (S1)		PILATES (45') (S1)							18:45
19:00		BODY PUMP (45') (S2)		BODY PUMP (45') (S2)	BODY PUMP (45') (S2)						19:00
19:00					CICLO VIRTUAL (45') (SC)						19:00
19:30	BUNDA FIT (45') (S2)	CICLO (45') (SC)	BUNDA FIT (45') (S2)	CICLO (45') (SC)							19:30
19:30	CICLO (45') (SC)		CICLO (45') (SC)								19:30
19:30	PAIDE CROSS (30') (ZEF)		PAIDE CROSS (30') (ZEF)								19:30
20:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CICLO (45') (SC)						20:00
20:00		BODY COMBAT (45') (S2)		BODY COMBAT (45') (S2)							20:00
20:15					AQUADYNAMIC (45') (P)						20:15
20:30	BODY PUMP (45') (S2)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S2)	CICLO VIRTUAL (45') (SC)							20:30
20:30	CICLO (45') (SC)	MMA (60') (ZEF)	CICLO (45') (SC)	MMA (60') (ZEF)							20:30
20:45	CNPAIDE (30') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)							20:45
21:00					CNPAIDE (30') (P)						21:00

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 Paidesportcenter.com

(!!): Actividad fuera de cuota