

Hora de Inicio		ASTUR						DEL 1 OCTUBRE 2026 AL 31 OCTUBRE 2026		Hora de Inicio	
		LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)											
7:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			7:30		
8:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			8:30		
9:15							AQUAPAIDE (45 ') (P)	AQUAPAIDE (45 ') (P)	9:15		
9:15							CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	9:15		
9:30	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUADYNAMIC (45 ') (P)			9:30		
9:30	YOGA (45 ') (S1)	PILATES LESMILLS (45 ') (S1)	YOGA (45 ') (S1)	PILATES LESMILLS (45 ') (S1)	YOGA (45 ') (S1)	YOGA (45 ') (S1)			9:30		
9:30	ZUMBA (45 ') (S2)	GLUTEBOOM (45 ') (S2)	ZUMBA (45 ') (S2)	GLUTEBOOM (45 ') (S2)	BUNDA FIT (45 ') (S2)	BUNDA FIT (45 ') (S2)			9:30		
9:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			9:30		
10:15	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:15		
10:30	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	PILATES (45 ') (S1)	PILATES (45 ') (S1)			10:30		
10:30	BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)		BODY PUMP (45 ') (S2)	BODY PUMP (45 ') (S2)			10:30		
10:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			CICLO VIRTUAL (45 ') (SC)			10:30		
10:45		AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)					10:45		
10:45		CICLO (45 ') (SC)		CICLO (45 ') (SC)					10:45		
11:15							BODY PUMP (45 ') (S2)	BODY PUMP (45 ') (S2)	11:15		
11:15							CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	11:15		
11:30	CNPAIDE (30 ') (P)	ESTIRAMIENTOS (30 ') (S2)	CNPAIDE (30 ') (P)	ESTIRAMIENTOS (30 ') (S2)	CNPAIDE (30 ') (P)				11:30		
11:30	PILATES (45 ') (S1)	PAIDE TOTAL (45 ') (ZEF)	PILATES (45 ') (S1)	PAIDE TOTAL (45 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)				11:30		
11:30	BOOST (45 ') (S2)		BOOST (45 ') (S2)		PAIDE TOTAL (45 ') (ZEF)				11:30		
11:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						11:30		
MEDIODÍA (de 12h a 17h)											
12:00	AQUAPAIDE (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUAPAIDE (45 ') (P)	CICLO VIRTUAL (45 ') (SC)	AQUAPAIDE (45 ') (P)				12:00		
12:15		AQUAPAIDE (45 ') (P)		AQUAPAIDE (45 ') (P)			CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	12:15		
12:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				12:30		
12:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)						12:30		
12:45	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)						12:45		
13:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					13:00		
13:15							CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	13:15		
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		
14:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					14:00		
14:15							CICLO VIRTUAL (45 ') (SC)		14:15		
15:00		CICLO VIRTUAL (45 ') (SC)			CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			15:00		
15:15							CICLO VIRTUAL (45 ') (SC)		15:15		
15:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						15:30		
16:00	CNPAIDE (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	CNPAIDE (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	CNPAIDE (30 ') (P)				16:00		
16:00					CICLO VIRTUAL (45 ') (SC)				16:00		
16:15							CICLO VIRTUAL (45 ') (SC)		16:15		
16:30	AQUADYNAMIC (45 ') (P)	PILATES LESMILLS (45 ') (S2)	AQUADYNAMIC (45 ') (P)	PILATES LESMILLS (45 ') (S2)	AQUAPAIDE (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)	GLUTEBOOM (45 ') (S2)	PILATES (45 ') (S1)	GLUTEBOOM (45 ') (S2)	PILATES LESMILLS (45 ') (S2)				17:30		
17:30	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)	BODY PUMP (45 ') (S2)	CICLO (45 ') (SC)					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		GOLPEO (60 ') (ZEF)		GOLPEO (60 ') (ZEF)		CICLO VIRTUAL (45 ') (SC)			18:00		
18:00						JIU-JITSU (90 ') (ZEF)			18:00		
18:15	JIU-JITSU (60 ') (ZEF)		JIU-JITSU (60 ') (ZEF)						18:15		
18:30	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	YOGA (45 ') (S1)	BODY COMBAT (45 ') (S2)	BODY PUMP (45 ') (S2)				18:30		
18:30	BOOST (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)	BOOST (45 ') (S2)	CICLO VIRTUAL (45 ') (SC)					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						CICLO VIRTUAL (45 ') (SC)			19:00		
19:15	MMA (60 ') (ZEF)		MMA (60 ') (ZEF)						19:15		
19:30	ZUMBA (45 ') (S2)	BODY PUMP (45 ') (S2)	ZUMBA (45 ') (S2)	BODY PUMP (45 ') (S2)					19:30		
19:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)					19:30		
19:30	PAIDE CROSS (30 ') (ZEF)		PAIDE CROSS (30 ') (ZEF)						19:30		
19:45		PILATES LESMILLS (45 ') (S1)		PILATES LESMILLS (45 ') (S1)					19:45		
20:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	CICLO (45 ') (SC)				20:00		
20:15		GRAPPLING (60 ') (ZEF)		GRAPPLING (60 ') (ZEF)					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 VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						20:30		
20:45	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)	CNPAIDE (30 ') (P)					20:45		
21:00						CICLO VIRTUAL (45 ') (SC)			21:00		
También puede consultar los horarios en Paidesportcenter.com											
(!!): Actividad fuera de cuota											