

Hora de Inicio	PAIDESPORT CENTER						ASTUR		DEL 1 JUNIO 2026 AL 30 JUNIO 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)						7:30
8:30	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)						9:30
9:30	YOGA (45') (S1)	PILATES LESMILLS (45') (S1)	YOGA (45') (S1)	PILATES LESMILLS (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)						9:30
9:30	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)	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)						10:30
10:30	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)	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 LESMILLS (45') (S1)	GLUTEBOOM (45') (S2)	PILATES LESMILLS (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	JIU-JITSU (60') (ZEF)		JIU-JITSU (60') (ZEF)								17:45
18:00		GOLPEO (60') (ZEF)		GOLPEO (60') (ZEF)							18:00
18:00					GRAPPLING (90') (ZEF)						18:00
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	JIU-JITSU (60') (ZEF)		JIU-JITSU (60') (ZEF)		CICLO VIRTUAL (45') (SC)						19:00
19:30	BUNDA FIT (45') (S2)	BODY PUMP (45') (S2)	BUNDA FIT (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
20:30	BODY PUMP (45') (S2)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S2)	CICLO VIRTUAL (45') (SC)							20:30
20:30	CICLO VIRTUAL (45') (SC)	MMA (90') (ZEF)	CICLO VIRTUAL (45') (SC)	MMA (90') (ZEF)							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
21:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)							21:30

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

(!!): Actividad fuera de cuota