

Hora de Inicio	PAIDESPORT CENTER					ASTUR		DEL 1 SEPTIEMBRE 2025 AL 30 SEPTIEMBRE 2025		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 (45 ') (S1)	YOGA (45 ') (S1)	PILATES (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)	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 (45 ') (S2)	AQUADYNAMIC (45 ') (P)	PILATES (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 (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		
17:45	JIU-JITSU (60 ') (ZEF)		JIU-JITSU (60 ') (ZEF)					17:45		
18:00		GOLPEO (60 ') (ZEF)		GOLPEO (60 ') (ZEF)	CICLO VIRTUAL (45 ') (SC)			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 (45 ') (S1)		PILATES (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		
También puede consultar los horarios en Paidesportcenter.com										(!!): Actividad fuera de cuota