

| Hora de Inicio | PAIDESPOR<br>CENTER |        | ASTUR     |        |         |        |         | DEL 1 SEPTIEMBRE 2024 AL 30 SEPTIEMBRE 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 |                          |                          |                          |                          |                           | CICLO VIRTUAL (45') (SC) |                          |  | 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 BALANCE (45') (S1)  |                          | BODY BALANCE (45') (S1)  |                          |  |  |  | 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](http://Paidesportcenter.com)

(!!): Actividad fuera de cuota