ASTUR

DEL 1 NOVIEMBRE 2026 AL 30 NOVIEMBRE 2026

PAIDESPORT CENTER

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	Hora de Inicio
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)	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

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
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TIPO ACTIVIDAD

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CARDIO-TONO
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(!!): Actividad fuera de cuota