

Hora de Inicio		PAIDESPORT CENTER						ASTUR		DEL 1 SEPTIEMBRE 2026 AL 30 JUNIO 2027		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)					9:30				
9:30	YOGA (45') (S1)	PILATES LESMILLS (45') (S1)	YOGA (45') (S1)	PILATES LESMILLS (45') (S1)	AQUADYNAMIC (45') (P)				9:30				
9:30	ZUMBA (45') (S2)	GLUTEBOOM (45') (S2)	ZUMBA (45') (S2)	GLUTEBOOM (45') (S2)	YOGA (45') (S1)				9:30				
9:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BUNDA FIT (45') (S2)				9:30				
9:30					CICLO VIRTUAL (45') (SC)				9:30				
10:15	CNPAIDE 30' (30') (P)	CNPAIDE 30' (30') (P)	CNPAIDE 30' (30') (P)	CNPAIDE 30' (30') (P)	CNPAIDE 30' (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' (30') (P)	ESTIRAMIENTOS 30' (30') (S2)	CNPAIDE 30' (30') (P)	ESTIRAMIENTOS 30' (30') (S2)	CNPAIDE 30' (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' (30') (P)		CNPAIDE 30' (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' (30') (P)	CICLO VIRTUAL (45') (SC)	CNPAIDE 30' (30') (P)	CICLO VIRTUAL (45') (SC)	CNPAIDE 30' (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' (30') (P)	CNPAIDE 30' (30') (P)	CNPAIDE 30' (30') (P)	CNPAIDE 30' (30') (P)					20:45				
21:00					CICLO VIRTUAL (45') (SC)				21:00				
También puede consultar los horarios en Padesportcenter.com										(!!): Actividad fuera de cuota			