

Hora de Inicio	PAIDESPORT CENTER		LA ERMITA					DEL 1 DICIEMBRE 2022 AL 31 DICIEMBRE 2022		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)										
9:00		YOGA (55') (S4)		YOGA (55') (S4)						9:00
9:30	CNPAIDE (30') (P)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			9:30
9:30	PAIDE SALUD (55') (S3)		PAIDE SALUD (55') (S3)	CICLO (45') (SC)	BODY PUMP (55') (S3)					9:30
9:30	CICLO (45') (SC)		CICLO (45') (SC)		PAIDE SENIOR (!!) (60') (S4)					9:30
9:30					CICLO VIRTUAL (45') (SC)					9:30
9:45		CX WORX (30') (S3)		CX WORX (30') (S3)						9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	RECUP. ESPALDA (30') (P)	PILATES (55') (S4)	AQUADYNAMIC (45') (P)	BODY PUMP (55') (S3)				10:00
10:00			BOXEO (!!) (60') (ZEF)							10:00
10:15				AQUAPAIDE (45') (P)						10:15
10:30	ZUMBA (55') (S3)	BODY COMBAT (55') (S3)	BODY PUMP (55') (S3)	BODY COMBAT (55') (S3)	BODY BALANCE (55') (S4)	GAP (30') (S4)	CICLO (45') (SC)			10:30
10:30	PILATES (55') (S4)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	ABDOMINALES (15') (ZEF)			10:30
10:30	CICLO VIRTUAL (45') (SC)									10:30
10:45	RECUP. ESPALDA (30') (P)		AQUADYNAMIC (45') (P)							10:45
11:00		CNPAIDE (30') (P)		CNPAIDE (30') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)			11:00
11:00				PAIDE FUNCIONAL (55') (S4)		ZUMBA (55') (S3)	PILATES (55') (S4)			11:00
11:15						RECUP. ESPALDA (30') (P)				11:15
11:30	BODY PUMP (55') (S3)	ZUMBA (55') (S3)	RECUP. ESPALDA (30') (P)	ZUMBA (55') (S3)	CX WORX (30') (S3)	CICLO (45') (SC)	BODY COMBAT (55') (S3)			11:30
11:30	BODY BALANCE (55') (S4)	CICLO VIRTUAL (45') (SC)	BODY ATTACK (55') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO (45') (SC)			11:30
11:30	CICLO VIRTUAL (45') (SC)		PAIDE SENIOR (!!) (60') (S4)							11:30
11:30			CICLO VIRTUAL (45') (SC)							11:30
11:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	PAIDE TOTAL (45') (ZEF)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)			11:45
11:45		PAIDE CROSS (30') (ZEF)								11:45
MEDIODÍA (de 12h a 17h)										
12:00						PAIDE FUNCIONAL 3 (45') (S3)	ABDOMINALES (15') (ZEF)			12:00
12:15		ABDOMINALES (15') (ZEF)	AQUAPAIDE (45') (P)							12:15
12:30	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (55') (S4)	BODY PUMP (55') (S3)			12:30
12:30	CICLO VIRTUAL (45') (SC)		ABDOMINALES (15') (ZEF)	PAIDE CROSS (30') (ZEF)		CICLO VIRTUAL (45') (SC)	PILATES (55') (S4)			12:30
12:30	PAIDE TOTAL (45') (ZEF)						CICLO VIRTUAL (45') (SC)			12:30
12:45		RECUP. ESPALDA (30') (P)				AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)			12:45
13:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			13:30
14:15	ABDOMINALES (15') (ZEF)									14:15
14:30	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (60') (P)	INTERVAL ACUÁTICO (55') (P)	ENTRENAMIENTO (60') (P)	AQUADYNAMIC (45') (P)					14:30
14:30	CICLO (45') (SC)	BODY PUMP (55') (S3)	CICLO (45') (SC)	BODY PUMP (55') (S3)	CICLO (45') (SC)					14:30
14:30	PAIDE CROSS (30') (ZEF)	PILATES (55') (S4)	PAIDE TOTAL (45') (ZEF)	CICLO VIRTUAL (45') (SC)						14:30
14:30		CICLO VIRTUAL (45') (SC)								14:30
15:15	CNPAIDE (30') (P)				CNPAIDE (30') (P)					15:15
15:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					15:30
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (55') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)				16:30
16:30			CICLO VIRTUAL (45') (SC)							16:30
TARDE (de 17h al cierre)										
17:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (55') (S3)	CICLO VIRTUAL (45') (SC)					17:30
17:30				CICLO VIRTUAL (45') (SC)						17:30
18:00	AQUADYNAMIC (45') (P)	RECUP. ESPALDA (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)	ENTRENAMIENTO (45') (P)					18:00
18:00	CX WORX (30') (S3)	PILATES (55') (S4)	ZUMBA (55') (S3)	PILATES (55') (S4)	ZUMBA (55') (S3)					18:00
18:00	PAIDE TOTAL (45') (ZEF)	PAIDE CROSS (30') (ZEF)								18:00
18:30	BODY COMBAT (55') (S3)	AQUAPAIDE (45') (P)	GAP (30') (S4)	CICLO VIRTUAL (45') (SC)						18:30
18:30	CICLO (45') (SC)	ZUMBA (55') (S3)								18:30
18:30		CICLO (45') (SC)								18:30
18:30		ABDOMINALES (15') (ZEF)								18:30
18:45	CNPAIDE (30') (P)		CNPAIDE (30') (P)							18:45
18:45	ABDOMINALES (15') (ZEF)									18:45
19:00	PILATES (55') (S4)	BODY BALANCE (55') (S4)	BODY ATTACK (55') (S3)	AQUAPAIDE (45') (P)	BODY ATTACK (55') (S3)					19:00
19:00			PILATES (55') (S4)	BODY COMBAT (55') (S3)	CICLO (45') (SC)					19:00
19:00			CICLO (45') (SC)	BODY BALANCE (55') (S4)						19:00
19:00				PAIDE TOTAL (45') (ZEF)						19:00
19:15					AQUADYNAMIC (45') (P)					19:15
19:30	BODY PUMP (55') (S3)	BODY PUMP (55') (S3)		CICLO (45') (SC)						19:30
19:30	CICLO (45') (SC)	CICLO (45') (SC)								19:30
19:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	ABDOMINALES (15') (ZEF)						19:45
20:00	BODY BALANCE (55') (S4)	PAIDE FUNCIONAL (55') (S4)	CX WORX (30') (S3)	RECUP. ESPALDA (30') (P)	BODY PUMP (55') (S3)					20:00
20:00			BODY BALANCE (55') (S4)	GAP 3 (30') (S3)	CICLO VIRTUAL (45') (SC)					20:00
20:00			CICLO (45') (SC)	PAIDE FUNCIONAL (55') (S4)						20:00
20:15					RECUP. ESPALDA (30') (P)					20:15
20:30	RECUP. ESPALDA (30') (P)	BODY COMBAT (55') (S3)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)						20:30
20:30	ZUMBA (55') (S3)	CICLO (45') (SC)	BODY PUMP (55') (S3)	ZUMBA (55') (S3)						20:30
20:30	CICLO (45') (SC)		BOXEO (!!) (60') (ZEF)	CICLO (45') (SC)						20:30
20:45		TRIATLÓN (90') (SO)		TRIATLÓN (90') (SO)						20:45
21:00	ENTRENAMIENTO (60') (P)	CNPAIDE (30') (P)	ENTRENAMIENTO (60') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)					21:00
21:00	YOGA (55') (S4)	PILATES (55') (S4)	YOGA (55') (S4)		CICLO VIRTUAL (45') (SC)					21:00
21:00	RUNNING (90') (SO)		CICLO VIRTUAL (45') (SC)		PAIDE CROSS (30') (ZEF)					21:00
21:30	CICLO VIRTUAL (45') (SC)	ZUMBA (55') (S3)		BODY PUMP (55') (S3)						21:30
21:30	PAIDE CROSS (30') (ZEF)	PAIDE TOTAL (45') (ZEF)								21:30
22:00	ABDOMINALES (15') (ZEF)									22:00
22:15		ABDOMINALES (15') (ZEF)								22:15

LEYENDA SALAS

P: PISCINA
S3: SALA 3
S4: SALA 4
SC: SALA CICLO
SO: SALA OUTDOOR
ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES