

Hora de Inicio	PAIDESPORT CENTER						LA ERMITA		DEL 1 DICIEMBRE 2021 AL 31 DICIEMBRE 2021		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO				
MAÑANA (de 9h a 12h)											
9:15		YOGA (45') (S4)		YOGA (45') (S4)							9:15
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	CICLO (45') (SC)		CICLO (45') (SC)	CICLO (45') (SC)	BODY PUMP (45') (S3)						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)		AQUADYNAMIC (45') (P)	BODY PUMP (45') (S3)					10:00
10:15				AQUAPAIDE (45') (P)							10:15
10:15				PILATES (45') (S4)							10:15
10:30	ZUMBA (45') (S3)	BODY COMBAT (45') (S3)	BODY PUMP (45') (S3)	BODY COMBAT (45') (S3)	CICLO (45') (SC)	GAP (30') (S4)	CICLO (45') (SC)				10:30
10:30	PILATES (45') (S4)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO (45') (SC)					10:30
10:30	CICLO VIRTUAL (45') (SC)										10:30
10:45	RECUP. ESPALDA (30') (P)		AQUADYNAMIC (45') (P)		BODY BALANCE (45') (S4)						10:45
11:00		CNPAIDE (30') (P)		CNPAIDE (30') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)				11:00
11:00						ZUMBA (45') (S3)					11:00
11:15				PAIDE FUNCIONAL (45') (S4)	RECUP. ESPALDA (30') (P)		PILATES (45') (S4)				11:15
11:30	BODY PUMP (45') (S3)	ZUMBA (45') (S3)	RECUP. ESPALDA (30') (P)	ZUMBA (45') (S3)	CX WORX (30') (S3)	CICLO (45') (SC)	CICLO (45') (SC)				11:30
11:30	BODY BALANCE (45') (S4)	CICLO VIRTUAL (45') (SC)	BODY ATTACK (45') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						11:30
11:30	CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)		PAIDE TOTAL (45') (ZEF)						11:30
11:30			PAIDE TOTAL (45') (ZEF)								11:30
11:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)				11:45
11:45							BODY COMBAT (45') (S3)				11:45
MEDIODÍA (de 12h a 17h)											
12:00			AQUAPAIDE (45') (P)	PAIDE CROSS (30') (ZEF)		PAIDE FUNCIONAL 3 (45') (S3)					12:00
12:15											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 (45') (S4)	PILATES (45') (S4)				12:30
12:30	CICLO VIRTUAL (45') (SC)					CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				12:30
12:30	PAIDE TOTAL (45') (ZEF)										12:30
12:45		RECUP. ESPALDA (30') (P)				AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)				12:45
12:45							BODY PUMP (45') (S3)				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
14:30	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (60') (P)	INTERVAL ACUÁTICO (60') (P)	ENTRENAMIENTO (60') (P)	AQUADYNAMIC (45') (P)						14:30
14:30	CICLO (45') (SC)	BODY PUMP (45') (S3)	CICLO (45') (SC)	BODY PUMP (45') (S3)	CICLO (45') (SC)						14:30
14:30		CICLO VIRTUAL (45') (SC)	PAIDE TOTAL (45') (ZEF)	CICLO VIRTUAL (45') (SC)							14:30
14:45		PILATES (45') (S4)									14:45
15:00	PAIDE CROSS (30') (ZEF)										15:00
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)	CICLO VIRTUAL (45') (SC)					15:30
16:30		CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (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)						17:30
17:45			ZUMBA (45') (S3)	BODY PUMP (45') (S3)							17:45
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 (45') (S4)		PILATES (45') (S4)							18:00
18:00	PAIDE TOTAL (45') (ZEF)	PAIDE CROSS (30') (ZEF)									18:00
18:15					ZUMBA (45') (S3)						18:15
18:30	CICLO (45') (SC)	AQUAPAIDE (45') (P)	GAP (30') (S4)	CICLO VIRTUAL (45') (SC)							18:30
18:30		CICLO (45') (SC)									18:30
18:45	CNPAIDE (30') (P)	ZUMBA (45') (S3)	CNPAIDE (30') (P)	GAP 3 (30') (S3)							18:45
18:45	BODY COMBAT (45') (S3)		BODY ATTACK (45') (S3)								18:45
19:00	PILATES (45') (S4)	BODY BALANCE (45') (S4)	CICLO (45') (SC)	AQUAPAIDE (45') (P)	CICLO (45') (SC)						19:00
19:00				BODY BALANCE (45') (S4)							19:00
19:00				PAIDE TOTAL (45') (ZEF)							19:00
19:15			PILATES (45') (S4)		AQUADYNAMIC (45') (P)						19:15
19:15					BODY ATTACK (45') (S3)						19:15
19:30	CICLO (45') (SC)	CICLO (45') (SC)		BODY COMBAT (45') (S3)							19:30
19:30				CICLO (45') (SC)							19:30
19:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)								19:45
19:45	BODY PUMP (45') (S3)	BODY PUMP (45') (S3)	CX WORX (30') (S3)								19:45
20:00	BODY BALANCE (45') (S4)	PAIDE FUNCIONAL (45') (S4)	CICLO (45') (SC)	RECUP. ESPALDA (30') (P)	CICLO VIRTUAL (45') (SC)						20:00
20:00				PAIDE FUNCIONAL (45') (S4)							20:00
20:15			BODY BALANCE (45') (S4)		RECUP. ESPALDA (30') (P)						20:15
20:15					BODY PUMP (45') (S3)						20:15
20:30	RECUP. ESPALDA (30') (P)	CICLO (45') (SC)	RECUP. ESPALDA (30') (P)	CNPAIDE (30') (P)	PAIDE CROSS (30') (ZEF)						20:30
20:30	CICLO (45') (SC)	DUATLÓN (90') (SO)	BODY PUMP (45') (S3)	ZUMBA (45') (S3)							20:30
20:30	PAIDE CROSS (30') (ZEF)			CICLO (45') (SC)							20:30
20:30				DUATLÓN (90') (SO)							20:30
20:45	ZUMBA (45') (S3)	BODY COMBAT (45') (S3)									20:45
21:00	ENTRENAMIENTO (60') (P)	CNPAIDE (30') (P)	ENTRENAMIENTO (60') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)						21:00
21:00	YOGA (45') (S4)	PILATES (45') (S4)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						21:00
21:15			YOGA (45') (S4)								21:15
21:30	CICLO VIRTUAL (45') (SC)	PAIDE TOTAL (45') (ZEF)									21:30

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