

Hora de Inicio	LA ERMITA						Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	
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)		9:30
9:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (55 ') (S3)		9:30
9:30					CICLO VIRTUAL (45 ') (SC)		9:30
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						CICLO VIRTUAL (45 ') (SC)	10:00
10:15				AQUAPAIDE (45 ') (P)			10:15
10:30	ZUMBA (55 ') (S3)	CICLO (45 ') (SC)	BODY PUMP (55 ') (S3)	CICLO VIRTUAL (45 ') (SC)	BODY BALANCE (55 ') (S4)		10:30
10:30	PILATES (55 ') (S4)		PILATES (55 ') (S4)		CICLO (45 ') (SC)		10:30
10:30	CICLO VIRTUAL (45 ') (SC)		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)	11:00
11:00				PAIDE FUNCIONAL 4 (55 ') (S4)		ZUMBA (55 ') (S3)	11:00
11:00						CICLO (45 ') (SC)	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)	PAIDE FUNCIONAL 4 (55 ') (S4)		11:30
11:30	CICLO VIRTUAL (45 ') (SC)	PAIDE FUNCIONAL 4 (55 ') (S4)	XCORE (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		11:30
11:30		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				11:30
11:45	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)		AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	CNPAIDE (30 ') (P)	11:45
MEDIODÍA (de 12h a 17h)							
12:00						PAIDE FUNCIONAL 3 (60 ') (S3)	12:00
12:00						CICLO VIRTUAL (45 ') (SC)	12:00
12:15			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)	12:30
12:30	CICLO VIRTUAL (45 ') (SC)						12:30
12:45		RECUP. ESPALDA (30 ') (P)				AQUAPAIDE (45 ') (P)	12:45
13:00						CICLO VIRTUAL (45 ') (SC)	13:00
13:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		13:30
14:00						CICLO VIRTUAL (45 ') (SC)	14:00
14:30	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (60 ') (P)	INTERVAL ACUÁTICO (55 ') (P)	ENTRENAMIENTO (15 ') (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		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			14:30
14:45				AQUADYNAMIC (45 ') (P)			14:45
15:00						CICLO VIRTUAL (45 ') (SC)	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)		15:30
16:00						CICLO VIRTUAL (45 ') (SC)	16:00
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	AQUADYNAMIC (45 ') (P)	16:30
TARDE (de 17h al cierre)							
17:00						CICLO VIRTUAL (45 ') (SC)	17:00
17:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		17:30
18:00	AQUADYNAMIC (45 ') (P)	RECUP. ESPALDA (30 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (60 ') (P)		18:00
18:00	BODY COMBAT (55 ') (S3)	PILATES (55 ') (S4)	PAIDE FUNCIONAL (55 ') (ZEF)	BODY PUMP (55 ') (S3)	ZUMBA (55 ') (S3)		18:00
18:00	PAIDE FUNCIONAL (55 ') (ZEF)			PILATES (55 ') (S4)			18:00
18:30	CICLO (45 ') (SC)	AQUAPAIDE (45 ') (P)		CICLO VIRTUAL (45 ') (SC)			18:30
18:30		ZUMBA (55 ') (S3)					18:30
18:30		CICLO (45 ') (SC)					18:30
18:45	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)				18:45
19:00	XCORE (45 ') (S3)	BODY BALANCE (55 ') (S4)	XCORE (45 ') (S3)	AQUAPAIDE (45 ') (P)	CICLO (45 ') (SC)		19:00
19:00	PILATES (55 ') (S4)		PILATES (55 ') (S4)				19:00
19:00			CICLO (45 ') (SC)				19:00
19:15					AQUADYNAMIC (45 ') (P)		19:15
19:30	CICLO (45 ') (SC)	BODY PUMP (55 ') (S3)		BODY COMBAT (55 ') (S3)			19:30
19:30		CICLO (45 ') (SC)		CICLO (45 ') (SC)			19:30
19:45	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)				19:45
20:00	BODY PUMP (55 ') (S3)	PAIDE FUNCIONAL 4 (55 ') (S4)	BODY BALANCE (55 ') (S4)	RECUP. ESPALDA (30 ') (P)	BODY PUMP (55 ') (S3)		20:00
20:00	BODY BALANCE (55 ') (S4)		CICLO (45 ') (SC)	PAIDE FUNCIONAL 4 (55 ') (S4)	CICLO VIRTUAL (45 ') (SC)		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	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (55 ') (S3)	ZUMBA (55 ') (S3)			20:30
20:30				CICLO VIRTUAL (45 ') (SC)			20:30
21:00	ENTRENAMIENTO (60 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (60 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)		21:00
21:00	YOGA (55 ') (S4)		YOGA (55 ') (S4)		CICLO VIRTUAL (45 ') (SC)		21:00
21:00			CICLO VIRTUAL (45 ') (SC)				21:00
21:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			21:30
También puede consultar los horarios en Paidesportcenter.com							
(!): Actividad fuera de cuota							

LEYENDA SALAS

P: PISCINA
S3: SALA 3
S4: SALA 4
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
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TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES