

Hora de Inicio	PAIDESPORT CENTER		LA ERMITA					DEL 1 DICIEMBRE 2024 AL 31 DICIEMBRE 2024		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	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	ENTRENO GUIADO (45') (S4)	CICLO (45') (SC)	BODY PUMP (55') (S3)					9:30
9:30			CICLO (45') (SC)		CICLO VIRTUAL (45') (SC)					9:30
9:45		GRIT ATHLETIC (30') (S3)								9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	RECUP. ESPALDA (30') (P)	GRIT STRENGTH (30') (S3)	AQUADYNAMIC (45') (P)	BODY PUMP (55') (S3)				10:00
10:00	GRIT STRENGTH (30') (S3)			PILATES (55') (S4)						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)	CICLO (45') (SC)	CICLO (45') (SC)			10:30
10:30	PILATES (55') (S4)	CICLO (45') (SC)	PILATES (55') (S4)	CICLO VIRTUAL (45') (SC)	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)	AQUAPAIDE (45') (P)			11:00
11:00				PAIDE FUNCIONAL 4 (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)	PAIDE FUNCIONAL 4 (55') (S4)	PAIDE FUNCIONAL 4 (55') (S4)	BODY COMBAT (55') (S3)			11:30
11:30	PAIDE FUNCIONAL 4 (55') (S4)	PAIDE FUNCIONAL 4 (55') (S4)	XCORE (45') (S3)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)			11:30
11:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (55') (S4)							11:30
11:30			CICLO VIRTUAL (45') (SC)							11:30
11:45	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	CNPAIDE (30') (P)	CNPAIDE (30') (P)			11:45
MEDIODÍA (de 12h a 17h)										
12:00				ENTRENO GUIADO (45') (S4)						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)	BODY PUMP (55') (S3)			12:30
12:30	CICLO VIRTUAL (45') (SC)					CICLO VIRTUAL (45') (SC)	PILATES (55') (S4)			12:30
12:30							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
14:30	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (60') (P)	INTERVAL ACUÁTICO (55') (P)	ENTRENAMIENTO (60') (P)	AQUADYNAMIC (45') (P)					14:30
14:30	GRIT ATHLETIC (30') (S3)	BODY PUMP (55') (S3)	GRIT STRENGTH (30') (S3)	BODY PUMP (55') (S3)	CICLO (45') (SC)					14:30
14:30	CICLO (45') (SC)	PILATES (55') (S4)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)						14:30
14:30		CICLO VIRTUAL (45') (SC)								14:30
15:00	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)							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
16:30	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)										
17:00				ENTRENO GUIADO (45') (S4)						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)	GRIT STRENGTH (30') (S3)	ZUMBA (55') (S3)	BODY PUMP (55') (S3)	ZUMBA (55') (S3)					18:00
18:00	PAIDE FUNCIONAL (55') (ZEF)	PILATES (55') (S4)	PAIDE FUNCIONAL (55') (ZEF)	PILATES (55') (S4)						18:00
18:00				PAIDE FUNCIONAL (55') (ZEF)						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)	XCORE (45') (S3)					19:00
19:00	PILATES (55') (S4)		PILATES (55') (S4)	GRIT CARDIO 3 (30') (S3)	CICLO (45') (SC)					19:00
19:00			CICLO (45') (SC)	BODY BALANCE (55') (S4)						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)	GRIT ATHLETIC (30') (S3)	RECUP. ESPALDA (30') (P)	BODY PUMP (55') (S3)					20:00
20:00	BODY BALANCE (55') (S4)		BODY BALANCE (55') (S4)	PAIDE FUNCIONAL 4 (55') (S4)	CICLO VIRTUAL (45') (SC)					20:00
20:00			CICLO (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 (45') (SC)	CICLO (45') (SC)	BODY PUMP (55') (S3)	ZUMBA (55') (S3)						20:30
20:30				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	ZUMBA (55') (S3)	PILATES (55') (S4)	YOGA (55') (S4)	ENTRENO GUIADO (45') (S4)	CICLO VIRTUAL (45') (SC)					21:00
21:00	YOGA (55') (S4)									21:00
21:00	RUNNING (90') (SO)									21:00
21:00	PAIDE FUNCIONAL (55') (ZEF)									21:00
21:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)								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