

| Hora de Inicio                                                                                              |                               | PAIDESPORT CENTER             |                               |                               |                               |                               |                           | LA ERMITA              |  |                        |                      |         |  | DEL 1 MAYO 2025 AL 31 MAYO 2025 |  |  |       |  |  | 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                                                                                                        | FUNCIONAL SENIOR (45 ') (S3)  | CICLO VIRTUAL (45 ') (SC)     | ENTRENO GUIADO (45 ') (S4)    | CICLO (45 ') (SC)             | BODY PUMP (55 ') (S3)         |                               |                           |                        |  |                        |                      |         |  |                                 |  |  | 9:30  |  |  |                |  |
| 9:30                                                                                                        | CICLO (45 ') (SC)             |                               | CICLO (45 ') (SC)             |                               | 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 |  |  |                |  |
| 10:15                                                                                                       |                               |                               |                               | 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                                                                                                       |                               |                               |                               |                               |                               |                               |                           |                        |  |                        |                      |         |  |                                 |  |  | 11:15 |  |  |                |  |
| 11:30                                                                                                       | BODY PUMP (55 ') (S3)         | ZUMBA (55 ') (S3)             | RECUP. ESPALDA (30 ') (P)     | CICLO VIRTUAL (45 ') (SC)     | 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 (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 |  |  |                |  |
| 11:45                                                                                                       |                               |                               |                               | ZUMBA (55 ') (S3)             |                               |                               |                           |                        |  |                        |                      |         |  |                                 |  |  | 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                                                                                                       | CICLO (45 ') (SC)             | BODY PUMP (55 ') (S3)         | PAIDE FUNCIONAL 3 (45 ') (S3) | BODY PUMP (55 ') (S3)         | CICLO (45 ') (SC)             |                               |                           |                        |  |                        |                      |         |  |                                 |  |  | 14:30 |  |  |                |  |
| 14:30                                                                                                       |                               | PILATES (55 ') (S4)           | CICLO (45 ') (SC)             | 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)                                                                                    |                               |                               |                               |                               |                               |                               |                           |                        |  |                        |                      |         |  |                                 |  |  |       |  |  |                |  |
| 17:00                                                                                                       |                               |                               |                               | 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)        |                               |                           |                        |  |                        |                      |         |  |                                 |  |  | 19:00 |  |  |                |  |
| 19:30                                                                                                       | CICLO (45 ') (SC)             | BODY PUMP (55 ') (S3)         |                               | BODY COMBAT (55 ') (S3)       |                               |                               |                           |                        |  |                        |                      |         |  |                                 |  |  | 19:15 |  |  |                |  |
| 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)              |                               | CICLO VIRTUAL (45 ') (SC)     |                               |                               |                               |                           |                        |  |                        |                      |         |  |                                 |  |  | 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 |  |  |                |  |
| También puede consultar los horarios en <a href="https://www.paidesportcenter.com">Paidesportcenter.com</a> |                               |                               |                               |                               |                               |                               |                           |                        |  |                        |                      |         |  |                                 |  |  |       |  |  |                |  |
| (!!!): Actividad fuera de cuota                                                                             |                               |                               |                               |                               |                               |                               |                           |                        |  |                        |                      |         |  |                                 |  |  |       |  |  |                |  |