

| Hora de Inicio           | PAIDESPORT CENTER        |                            |                              |                            |                              |                              | LA ERMITA                |  | DEL 1 JUNIO 2022 AL 30 JUNIO 2022 |  | 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                     | PAIDE SALUD (45') (S3)   |                            | PAIDE SALUD (45') (S3)       | CICLO (45') (SC)           | BODY PUMP (45') (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)     |                            | AQUADYNAMIC (45') (P)        | BODY PUMP (45') (S3)         |                          |  |                                   |  | 10:00          |
| 10:00                    |                          |                            | BOXEO (!!) (60') (ZEF)       |                            |                              |                              |                          |  |                                   |  | 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)    | PAIDE SENIOR (!!) (60') (S4) |                            |                              |                              |                          |  |                                   |  | 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 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) |                            |                              | PAIDE CROSS (30') (ZEF)    |                              | 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          |
| 14:00                    | PAIDE CROSS (30') (ZEF)  |                            |                              |                            |                              |                              |                          |  |                                   |  | 14:00          |
| 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          |
| 15:15                    | 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)   | 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                    |                          |                            | BOXEO (!!) (60') (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) | ZUMBA (45') (S3)           |                              | BODY PUMP (45') (S3)       |                              |                              |                          |  |                                   |  | 21:30          |
| 21:30                    | PAIDE CROSS (30') (ZEF)  | PAIDE TOTAL (45') (ZEF)    |                              |                            |                              |                              |                          |  |                                   |  | 21:30          |

También puede consultar los horarios en [Paidesportcenter.com](http://Paidesportcenter.com)

(!!): Actividad fuera de cuota

| LEYENDA SALAS          |       |
|------------------------|-------|
| P: PISCINA             | 19:15 |
| S3: SALA 3             | 19:30 |
| S4: SALA 4             | 19:45 |
| SC: SALA CICLO         | 20:00 |
| SO: SALA OUTDOOR       | 20:15 |
| ZEF: ZONA E. FUNCIONAL | 20:30 |
| TIPO ACTIVIDAD         |       |
| ACUÁTICAS              | 20:30 |
| BAILE                  | 20:30 |
| CARDIO                 | 20:45 |
| CARDIO-TONO            | 21:00 |
| CUERPO-MENTE           | 21:00 |
| TONO                   | 21:15 |
| VIRTUALES              | 21:30 |