

Hora de Inicio		LA ERMITA						DEL 1 SEPTIEMBRE 2025 AL 30 SEPTIEMBRE 2025	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)			CICLO VIRTUAL (45 ') (SC)	9:30
9:30	FUNCIONAL SENIOR (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (55 ') (S3)				9:30
9:30	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
10:00						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)			PILATES (55 ') (S4)	10:30
10:30	PILATES (55 ') (S4)		PILATES (55 ') (S4)		CICLO (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)			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)	CICLO VIRTUAL (45 ') (SC)	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)	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						PAIDE FUNCIONAL 3 (55 ') (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)	BODY PUMP (55 ') (S3)		12:30
12:30	CICLO VIRTUAL (45 ') (SC)						CICLO VIRTUAL (45 ') (SC)		12:30
12:45		RECUP. ESPALDA (30 ') (P)					AQUAPAIDE (45 ') (P)	AQUADYNAMIC (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)			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)									
17:30	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)	ZUMBA (55 ') (S3)	BODY PUMP (55 ') (S3)	ZUMBA (55 ') (S3)				18:00
18:00	PAIDE FUNCIONAL (55 ') (ZEF)		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)	BODY BALANCE (55 ') (S4)	CICLO (45 ') (SC)				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 (45 ') (SC)	CICLO VIRTUAL (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)		CICLO VIRTUAL (45 ') (SC)				21:00
21:00	YOGA (55 ') (S4)		CICLO VIRTUAL (45 ') (SC)						21:00
21:00	RUNNING (90 ') (SO)								21:00
21:30	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									