

Hora de Inicio	LA ERMITA						DEL 1 JUNIO 2025 AL 30 JUNIO 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					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)	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	FULL CONTACT TR (45 ') (ZEF)		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)		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 Paidesportcenter.com									
(!!!): Actividad fuera de cuota									