LA ERMITA

DEL 1 AGOSTO 2025 AL 31 AGOSTO 2025

PAIDESPORT CENTER

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	Hora de Inicio
MAÑANA (de 9h a 12h)								
9:30	CNPAIDE (30 ') (P)	RECUP. ESPALDA (30 ') (P)	CNPAIDE (30 ') (P)	RECUP. ESPALDA (30 ') (P)	CNPAIDE (30 ') (P)			9:30
9:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	BODY PUMP (55 ') (S3)			9:30
9:30					CICLO VIRTUAL (45 ') (SC)			9:30
10:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	RECUP. ESPALDA (30 ') (P)		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	CICLO VIRTUAL (45 ') (SC)	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)					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 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
14:00						CICLO VIRTUAL (45 ') (SC)		14:00
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)	CICLO (45 ') (SC)	BODY PUMP (55 ') (S3)	CICLO (45 ') (SC)			14:30
14:30		CICLO VIRTUAL (45 ') (SC)		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)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	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)	PAIDE FUNCIONAL (55 ') (ZEF)	BODY PUMP (55 ') (S3)	ZUMBA (55 ') (S3)			18:00
18:00	PAIDE FUNCIONAL (55 ') (ZEF)			PILATES (55 ') (S4)				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)	PILATES (55 ') (S4)	AQUAPAIDE (45 ') (P)	CICLO (45 ') (SC)			19:00
19:00	PILATES (55 ') (S4)		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 VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (55 ') (S3)	ZUMBA (55 ') (S3)				20:30
20:30				CICLO VIRTUAL (45 ') (SC)				20:30
21:00	ENTRENAMIENTO (60 ') (P)	CNPAIDE (30 ') (P)	ENTRENAMIENTO (60 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (P)			21:00
21:00			CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			21:00
21:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				21:30

LEYENDA SALAS

P: PISCINA
S3: SALA 3
S4: SALA 4
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
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TIPO ACTIVIDAD

- ACUÁTICAS
- BAILE
- CARDIO
- CARDIO-TONO
- CUERPO-MENTE
- TONO
- VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota