

Hora de Inicio			BASSA					DEL 1 ABRIL 2025 AL 30 ABRIL 2025		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			

MAÑANA (de 9h a 12h)

7:45	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (45') (S1)	CICLO (45') (SC)				7:45
7:45		CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)	PAIDE TOTAL (45') (S2)					7:45
7:45				CICLO VIRTUAL (45') (SC)					7:45
8:30	ABDOMINALES (15') (S2)				ABDOMINALES (15') (S2)				8:30
9:15	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	ZUMBA (55') (S1)				9:15
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		BODY BALANCE (45') (S2)				9:15
9:15					CICLO VIRTUAL (45') (SC)				9:15
9:30	BODY PUMP (45') (S1)	ZUMBA (55') (S1)	BODY COMBAT 1 (45') (S1)						9:30
10:00	RECUP. ESPALDA (30') (P)			PAIDE CROSS (30') (ZEF)					10:00
10:15	YOGA (55') (S2)	AQUADYNAMIC. (45') (P)	BODY BALANCE (45') (S1)	AQUADYNAMIC. (45') (P)	BODY PUMP (45') (S1)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		10:15
10:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	YOGA (55') (S2)	CICLO VIRTUAL (45') (SC)				10:15
10:15				CICLO VIRTUAL (45') (SC)					10:15
10:30		PAIDE TOTAL (45') (S2)		GLUTEBOOM (45') (S1)					10:30
11:00		RECUP. ESPALDA (30') (P)		RECUP. ESPALDA (30') (P)					11:00
11:15	AQUADYNAMIC (45') (P)	GLUTEBOOM (45') (S1)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC. (45') (P)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)		11:15
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			11:15

MEDIODÍA (de 12h a 17h)

12:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)		12:15
12:15						CICLO VIRTUAL (45') (SC)			12:15
13:15	CICLO (45') (SC)	BODY COMBAT 1 (45') (S1)	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		13:15
13:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					13:15
14:00	BODY PUMP (45') (S1)		ZUMBA (55') (S1)						14:00
14:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				14:15
15:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				15:15
15:30			BODY PUMP (45') (S1)	ZUMBA (55') (S1)					15:30
16:00		CICLO VIRTUAL (30') (SC)							16:00
16:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)				16:15
16:15					CICLO VIRTUAL (45') (SC)				16:15
16:30	BODY PUMP (45') (S1)		AQUADYNAMIC (45') (P)	BODY COMBAT 2 (45') (S2)					16:30
16:45		CICLO (45') (SC)							16:45

TARDE (de 17h al cierre)

17:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)				17:15
17:30		CICLO VIRTUAL (30') (SC)							17:30
18:00	ZUMBA (55') (S1)	BODY PUMP (45') (S1)	GLUTEBOOM (45') (S1)	BODY BALANCE (45') (S1)	YOGA (55') (S2)				18:00
18:00	PAIDE CROSS (30') (ZEF)			PAIDE TOTAL (45') (S2)					18:00
18:15	CICLO VIRTUAL (45') (SC)	BODY COMBAT 2 (45') (S2)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY COMBAT 1 (45') (S1)				18:15
18:15		CICLO VIRTUAL (45') (SC)			CICLO VIRTUAL (45') (SC)				18:15
18:30	PAIDE TOTAL (45') (S2)								18:30
18:45				ABDOMINALES (15') (S2)					18:45
19:00		ABDOMINALES (15') (S2)	YOGA (55') (S2)	ZUMBA (55') (S1)					19:00
19:15	AQUADYNAMIC (45') (P)	BODY BALANCE (45') (S1)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)				19:15
19:15	CICLO (45') (SC)	CICLO (45') (SC)	BODY PUMP (45') (S1)						19:15
19:15			CICLO VIRTUAL (45') (SC)						19:15
19:30	BODY COMBAT 1 (45') (S1)	CNPAIDE (45') (P)		CNPAIDE (45') (P)					19:30
20:00	CNPAIDE (45') (P)		CNPAIDE (45') (P)						20:00
20:00			BODY COMBAT 2 (45') (S2)						20:00
20:15	GLUTEBOOM (45') (S1)	AQUADYNAMIC (45') (P)	ZUMBA (55') (S1)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)				20:15
20:15	BODY BALANCE (45') (S2)	YOGA (55') (S2)	CICLO (45') (SC)	BODY PUMP (45') (S1)					20:15
20:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					20:15
20:30		BODY PUMP (45') (S1)							20:30
21:15	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (45') (SC)				21:15

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota