

Hora de Inicio	 PAIDESPORT CENTER BASSA DEL 1 MAYO 2025 AL 31 MAYO 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)	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)	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		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								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		
También puede consultar los horarios en Paidesportcenter.com						(!!): Actividad fuera de cuota		

LEYENDA SALAS

P: PISCINA

S1: SALA 1

S2: SALA 2

SC: SALA CICLO

ZEF: ZONA E. FUNCIONAL

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TIPO ACTIVIDAD

ACUÁTICAS

BAILE

CARDIO

CARDIO-TONO

CUERPO-MENTE

TONO

VIRTUALES