

Hora de Inicio	PAIDESPORT CENTER							BASSA		DEL 1 JUNIO 2026 AL 30 JUNIO 2026		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 (10') (ZEF)									ABDOMINALES (10') (ZEF)		8:30
9:15	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)						BODY BALANCE (45') (S1)		9:15
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							CICLO VIRTUAL (45') (SC)		9:15
9:30	BODY PUMP (45') (S1)	ZUMBA (55') (S1)	BODY COMBAT 1 (45') (S1)	GLUTEBOOM (45') (S1)								9:30
10:00	RECUP. ESPALDA (30') (P)											10:00
10:15	CICLO VIRTUAL (45') (SC)	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)								10:15
10:15				PAIDE CROSS (30') (ZEF)								10:15
10:30	YOGA 1 (50') (S1)	PAIDE TOTAL (45') (S2)		YOGA 1 (50') (S1)								10:30
11:00		RECUP. ESPALDA (30') (P)		RECUP. ESPALDA (30') (P)	ZUMBA (55') (S1)							11:00
11:15	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	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)							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
16:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)							16:15
16:15												16:15
16:30	BODY PUMP (45') (S1)		AQUADYNAMIC (45') (P)	BODY COMBAT 1 (45') (S1)								16:30
16:45		CICLO (45') (SC)										16:45
TARDE (de 17h al cierre)												
17:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		YOGA 1 (50') (S1)							17:15
17:15					CICLO (45') (SC)							17:15
17:30		CICLO VIRTUAL (30') (SC)		CICLO VIRTUAL (30') (SC)								17:30
17:45		BODY PUMP (45') (S1)	GLUTEBOOM (45') (S1)									17:45
18:00	ZUMBA (55') (S1)			BODY BALANCE (45') (S1)								18:00
18:00	PAIDE CROSS (30') (ZEF)			PAIDE TOTAL (45') (S2)								18:00
18:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY COMBAT 1 (45') (S1)							18:15
18:15					CICLO VIRTUAL (45') (SC)							18:15
18:30	PAIDE TOTAL (45') (S2)	ABDOMINALES (10') (ZEF)	YOGA 1 (50') (S1)									18:30
18:45		BODY BALANCE (45') (S1)		ABDOMINALES (10') (ZEF)								18:45
19:00				ZUMBA (55') (S1)								19:00
19:15	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)							19:15
19:15	BODY COMBAT 1 (45') (S1)		CICLO VIRTUAL (45') (SC)									19:15
19:15	CICLO (45') (SC)											19:15
19:30		CNPAIDE (45') (P)	BODY PUMP (45') (S1)	CNPAIDE (45') (P)								19:30
19:30		YOGA 1 (50') (S1)										19:30
20:00	CNPAIDE (45') (P)		CNPAIDE (45') (P)									20:00
20:15	BODY BALANCE (45') (S1)	AQUADYNAMIC (45') (P)	ZUMBA (55') (S1)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)							20:00
20:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	BODY PUMP (45') (S1)								20:15
20:15				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 Paldesportcenter.com

(!!): Actividad fuera de cuota

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