BASSA

DEL 1 FEBRERO 2026 AL 28 FEBRERO 2026

PAIDESPORT CENTER

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	Hora de Inicio
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)	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)	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					CICLO VIRTUAL (45 ') (SC)			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)			20:15
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
21:00	GLUTEBOOM (45 ') (S1)							21:00
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
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TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

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(!!): Actividad fuera de cuota