

Hora de Inicio			BASSA				DEL 1 NOVIEMBRE 2024 AL 30 NOVIEMBRE 2024		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
16:15	CICLO VIRTUAL (45') (SC)	CICLO (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

TARDE (de 17h al cierre)

17:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)			17:15
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)	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)							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