

Hora de Inicio	PAIDESPORT CENTER							BASSA							DEL 1 SEPTIEMBRE 2022 AL 30 SEPTIEMBRE 2022							Hora de Inicio		
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	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)																							8:30
9:15	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)																				9:15
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)																					9:15
9:15																								9:15
9:30	BODY PUMP (45') (S1)	ZUMBA (55') (S1)	BODY COMBAT 1 (45') (S1)																					9:30
9:30	YOGA (55') (S2)																							9:30
10:00	RECUP. ESPALDA (30') (P)			PAIDE CROSS (30') (ZEF)																				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)	YOGA (55') (S2)	CICLO VIRTUAL (45') (SC)																			10:15
10:15				CICLO VIRTUAL (45') (SC)																				10:15
10:30		PAIDE TOTAL (45') (S2)																						10:30
11:00		CNPAIDE (45') (P)		RECUP. ESPALDA (30') (P)																				11:00
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)																	11:15
11:15						CICLO VIRTUAL (45') (SC)																		11:15
11:30					AQUADYNAMIC (45') (P)																			11:30
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 PUMP (45') (S1)	CICLO (45') (SC)	BODY COMBAT 2 (45') (S2)	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') (S2)																					14:00
14:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	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)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)																	15:15
15:30	BODY BALANCE (45') (S2)			ZUMBA (55') (S1)																				15:30
16:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)																			16:15
16:15			CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)																			16:15
16:30	BODY PUMP (45') (S1)			PAIDE FUNCIONAL (45') (S1)																				16:30
16:45		BODY COMBAT 2 (45') (S2)																						16:45
TARDE (de 17h al cierre)																								
17:00			RECUP. ESPALDA (30') (P)																					17:00
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)	PAIDE FUNCIONAL (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 (30') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (30') (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
19:30		PAIDE TOTAL (45') (S2)																						19:30
20:00	ENTRENAMIENTO (45') (P)		ENTRENAMIENTO (45') (P)																					20:00
20:00			BODY COMBAT 2 (45') (S2)																					20:00
20:15	BODY BALANCE (45') (S1)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)																			20:15
20:15	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		BODY PUMP (45') (S1)																				20:15
20:15				CICLO VIRTUAL (45') (SC)																				20:15
20:30		BODY PUMP (45') (S1)																						20:30
20:30		YOGA (55') (S2)																						20:30
20:45			ZUMBA (55') (S1)																					20:45
21:15	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (30') (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](http://Paidesportcenter.com)

(!!): Actividad fuera de cuota