

Hora de Inicio		BASSA						DEL 1 OCTUBRE 2026 AL 31 OCTUBRE 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)	CICLO VIRTUAL (45 ') (SC)						7:45	
8:30	ABDOMINALES (15 ') (S1)			PAIDE TOTAL (45 ') (S1)	ABDOMINALES (15 ') (S1)					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 ') (S1)		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)	PAIDE TOTAL (45 ') (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)	CICLO VIRTUAL (45 ') (SC)	YOGA 1 (50 ') (S1)					17:15	
17:15					CICLO (45 ') (SC)					17:15	
17:30	PAIDE TOTAL (45 ') (S1)	CICLO VIRTUAL (30 ') (SC)		BODY BALANCE (45 ') (S1)						17:30	
17:45		BODY PUMP (45 ') (S1)	GLUTEBOOM (45 ') (S1)							17:45	
18:15	ZUMBA (55 ') (S1)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	PAIDE TOTAL (45 ') (S1)	BODY COMBAT 1 (45 ') (S1)					18:15	
18:15	CICLO VIRTUAL (45 ') (SC)			CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					18:15	
18:30	PAIDE CROSS (30 ') (ZEF)	ABDOMINALES (15 ') (ZEF)	YOGA 1 (50 ') (S1)							18:30	
18:45		BODY BALANCE (45 ') (S1)								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	
21:15	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											