

Hora de Inicio	PAIDESPORT CENTER						BASSA		DEL 1 ABRIL 2026 AL 30 ABRIL 2026		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO				
MANANA (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)										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
9:30	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)					10:15
10:15		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						10:15
10:15											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)					11:15
11:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					11:15
MEDIODIA (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)					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)					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)	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)					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

También puede consultar los horarios en [Paidesportcenter.com](http://Paidesportcenter.com)

**LEYENDA SALAS**

P: PISCINA  
S1: SALA 1  
S2: SALA 2  
SC: SALA CICLO  
ZEF: ZONA E. FUNCIONAL  
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**TIPO ACTIVIDAD**

ACUÁTICAS	19:30
BAILE	20:00
CARDIO	20:15
CARDIO-TONO	20:15
CUERPO-MENTE	20:15
TONO	20:30
VIRTUALES	21:00

(!!): Actividad fuera de cuota