

Hora de Inicio	PAIDESPORT CENTER							BASSA		DEL 1 JULIO 2026 AL 31 JULIO 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)					ABDOMINALES (15 ') (S1)					8:30	
9:15	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	AQUADYNAMIC. (45 ') (P)	CICLO (45 ') (SC)		BODY BALANCE (45 ') (S1)					9:15	
9:15	CICLO VIRTUAL (45 ') (SC)		BODY COMBAT 1 (45 ') (S1)			CICLO VIRTUAL (45 ') (SC)					9:15	
9:15			CICLO VIRTUAL (45 ') (SC)								9:15	
9:30		ZUMBA (55 ') (S1)									9:30	
10:00				YOGA 1 (50 ') (S1)							10:00	
10:15	AQUADYNAMIC. (45 ') (P)	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)	CICLO VIRTUAL (45 ') (SC)						10:15	
11:00					ZUMBA (55 ') (S1)						11:00	
11:15	CICLO VIRTUAL (45 ') (SC)	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)					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 VIRTUAL (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)										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	
16:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)						16:15	
TARDE (de 17h al cierre)												
17:00	YOGA 1 (50 ') (S1)		BODY COMBAT 1 (45 ') (S1)	BODY PUMP (45 ') (S1)							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	
17:45		BODY PUMP (45 ') (S1)									17:45	
18:00	ZUMBA (55 ') (S1)		GLUTEBOOM (45 ') (S1)	BODY BALANCE (45 ') (S1)							18:00	
18:15	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	BODY COMBAT 1 (45 ') (S1)						18:15	
18:15					CICLO VIRTUAL (45 ') (SC)						18:15	
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)		BODY PUMP (45 ') (S1)								19:15	
19:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)								19:15	
19:45		AQUADYNAMIC (45 ') (P)									19:45	
20:00	CNPAIDE (45 ') (P)			CNPAIDE (45 ') (P)							20:00	
20:15	BODY BALANCE (45 ') (S1)	BODY PUMP (45 ') (S1)	ZUMBA (55 ') (S1)	BODY PUMP (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)						20:15	
20:15	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)							20:15	
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  
SC: SALA CICLO  
ZEF: ZONA E. FUNCIONAL

**TIPO ACTIVIDAD**

ACUÁTICAS  
BAILE  
CARDIO  
CARDIO-TONO  
CUERPO-MENTE  
TONO  
VIRTUALES

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

(!!): Actividad fuera de cuota