


Hora de Inicio		BASSA						DEL 1 SEPTIEMBRE 2021 AL 30 SEPTIEMBRE 2021		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)										
7:45	CICLO (45') (SC)	BODY PUMP (45') (S1)	ZUMBA (45') (S1)	BODY BALANCE (45') (S1)	CICLO (45') (SC)					7:45
7:45		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	PAIDE TOTAL (45') (S2)						7:45
7:45			PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)						7:45
9:15	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (45') (S2)					9:15
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					9:15
9:30	BODY PUMP (45') (S1)		BODY COMBAT 1 (45') (S1)		PAIDE CROSS (30') (ZEF)					9:30
9:45	YOGA (45') (S2)	ZUMBA (45') (S1)								9:45
10:00	RECUP. ESPALDA (30') (P)									10:00
10:15	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	BODY BALANCE (45') (S2)	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
10:30		PAIDE TOTAL (45') (S2)		YOGA (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)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	BODY PUMP (45') (S1)	CICLO (45') (SC)			11:15
11:15			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 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
14:00	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	ZUMBA (45') (S1)	CICLO VIRTUAL (45') (SC)						14:00
14:15	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)					15:15
15:30			BODY BALANCE (45') (S2)	ZUMBA (45') (S1)	BODY PUMP (45') (S1)					15:30
15:30				CICLO VIRTUAL (45') (SC)						15:30
16:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					16:15
16:30	BODY PUMP (45') (S1)		AQUADYNAMIC (45') (P)	PAIDE TOTAL (45') (S2)	AQUADYNAMIC (45') (P)					16:30
16:45		BODY COMBAT 1 (45') (S1)								16:45
TARDE (de 17h al cierre)										
17:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					17:15
18:00	ZUMBA (45') (S1)	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S1)	BODY BALANCE (45') (S1)	BODY COMBAT 1 (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)	YOGA (45') (S2)					18:15
18:15					CICLO VIRTUAL (45') (SC)					18:15
18:30	PAIDE TOTAL (45') (S2)									18:30
19:00		PAIDE CROSS (30') (ZEF)	YOGA (45') (S2)	PAIDE FUNCIONAL (45') (S1)						19:00
19:15	CICLO (45') (SC)	BODY BALANCE (45') (S1)	BODY PUMP (45') (S1)	CICLO (45') (SC)	CICLO (45') (SC)					19:15
19:15		CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)							19:15
19:30	AQUADYNAMIC (45') (P)	CNPAIDE (45') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (45') (P)	ZUMBA (45') (S1)					19:30
19:30	BODY COMBAT 1 (45') (S1)	PAIDE TOTAL (45') (S2)								19:30
20:00			BODY COMBAT 2 (45') (S2)	BODY PUMP (45') (S1)						20:00
20:15	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)					20:15
20:15	BODY BALANCE (45') (S2)	BODY PUMP (45') (S1)		CICLO VIRTUAL (45') (SC)						20:15
20:15		CICLO VIRTUAL (45') (SC)								20:15
20:30	CICLO (45') (SC)		CICLO (45') (SC)							20:30
20:45		YOGA (45') (S2)	ZUMBA (45') (S1)							20:45

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 Padesportcenter.com (!): Actividad fuera de cuota