

Hora de Inicio	PAIDESPORT CENTER	BASSA						DEL 1 MAYO 2023 AL 31 MAYO 2023		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)	PAIDE TOTAL (45') (S2)					7:45
7:45				CICLO VIRTUAL (45') (SC)					7:45
8:30	ABDOMINALES (15') (S2)				ABDOMINALES (15') (S2)				8:30
9:15	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	ZUMBA (55') (S1)				9:15
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		BODY BALANCE (45') (S2)				9:15
9:15					CICLO VIRTUAL (45') (SC)				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		RECUP. ESPALDA (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 VIRTUAL (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
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)				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 BALANCE (45') (S2)			ZUMBA (55') (S1)					15:30
16:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)		BODY PUMP (45') (S1)				16:15
16:15			CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				16:15
16:30	BODY PUMP (45') (S1)			CICLO (45') (SC)					16:30
16:45		BODY COMBAT 2 (45') (S2)							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 (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 PUMP (45') (S1)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)				20:15
20:15	BODY BALANCE (45') (S2)	CICLO VIRTUAL (45') (SC)		BODY PUMP (45') (S1)					20:15
20:15	CICLO VIRTUAL (45') (SC)			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 [Padesportcenter.com](http://Padesportcenter.com) (!!): Actividad fuera de cuota