

Hora de Inicio			<b>BASSA</b>				<b>DEL 1 JULIO 2024 AL 31 JULIO 2024</b>		Hora de Inicio
	<b>LUNES</b>	<b>MARTES</b>	<b>MIÉRCOLES</b>	<b>JUEVES</b>	<b>VIERNES</b>	<b>SABADO</b>	<b>DOMINGO</b>		

MAÑANA (de 9h a 12h)										
7:45	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)					7:45
7:45		CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)							7:45
8:30	ABDOMINALES (15') (S2)					ABDOMINALES (15') (S2)				8:30
9:15	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY COMBAT 1 (45') (S1)	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		ZUMBA (55') (S1)								9:30
10:00			BODY BALANCE (45') (S1)	YOGA (55') (S2)						10:00
10:15	AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)	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
11:00			AQUADYNAMIC (45') (P)							11:00
11:15	CICLO VIRTUAL (45') (SC)	GLUTEBOOM (45') (S1)	CICLO VIRTUAL (45') (SC)	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 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
15:30				ZUMBA (55') (S1)						15:30
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 (55') (S2)	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
18:00	ZUMBA (55') (S1)	BODY PUMP (45') (S1)	GLUTEBOOM (45') (S1)	BODY BALANCE (45') (S1)						18:00
18:15	CICLO (45') (SC)	PAIDE TOTAL (45') (S2)	YOGA (55') (S2)	CICLO VIRTUAL (30') (SC)	BODY COMBAT 1 (45') (S1)					18:15
18:15		CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					18:15
19:00				PAIDE TOTAL (45') (S2)						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	BODY COMBAT 1 (45') (S1)	CICLO (45') (SC)	BODY PUMP (45') (S1)							19:15
19:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							19:15
20:00			BODY COMBAT 2 (45') (S2)							20:00
20:15	GLUTEBOOM (45') (S1)	CNPAIDE (45') (P)	ZUMBA (55') (S1)	CNPAIDE (45') (P)	CICLO VIRTUAL (45') (SC)					20:15
20:15	BODY BALANCE (45') (S2)	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY PUMP (45') (S1)						20:15
20:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (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	
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 [Paidesportcenter.com](http://Paidesportcenter.com)

(!!): Actividad fuera de cuota