

Hora de Inicio	PAIDESPORT CENTER BASSA DEL 1 SEPTIEMBRE 2025 AL 30 SEPTIEMBRE 2025							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
10:00	RECUP. ESPALDA (30 ') (P)			PAIDE CROSS (30 ') (ZEF)				10:00
10:15	YOGA (60 ') (S2)	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)	YOGA (60 ') (S2)	CICLO VIRTUAL (45 ') (SC)			10:15
10:15				CICLO VIRTUAL (45 ') (SC)				10:15
10:30		PAIDE TOTAL (45 ') (S2)		GLUTEBOOM (45 ') (S1)				10:30
11:00		RECUP. ESPALDA (30 ') (P)		RECUP. ESPALDA (30 ') (P)				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)	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 (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)		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)			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 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 2 (45 ') (S2)				16:30
16:45		CICLO (45 ') (SC)						16:45
TARDE (de 17h al cierre)								
17:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO (45 ') (SC)			17:15
17:30		CICLO VIRTUAL (30 ') (SC)		CICLO VIRTUAL (30 ') (SC)				17:30
18:00	ZUMBA (55 ') (S1)	BODY PUMP (45 ') (S1)	GLUTEBOOM (45 ') (S1)	BODY BALANCE (45 ') (S1)	YOGA (60 ') (S2)			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)							18:30
18:45				ABDOMINALES (15 ') (S2)				18:45
19:00		ABDOMINALES (15 ') (S2)	YOGA (60 ') (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
20:00	CNPAIDE (45 ') (P)		CNPAIDE (45 ') (P)					20:00
20:00			BODY COMBAT 2 (45 ') (S2)					20:00
20:15	GLUTEBOOM (45 ') (S1)	AQUADYNAMIC (45 ') (P)	ZUMBA (55 ') (S1)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)			20:15
20:15	BODY BALANCE (45 ') (S2)	YOGA (60 ') (S2)	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
20:30		BODY PUMP (45 ') (S1)						20:30
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							(!!): Actividad fuera de cuota	

LEYENDA SALAS

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

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES