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|----------------|--------------|---------------|------------------|---------------|----------------|---------------|--|--|----------------|
| Hora de Inicio | | | BASSA | | | | DEL 1 NOVIEMBRE 2021 AL 30 NOVIEMBRE 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 (60') (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) | | | 20:00 |
| 20:15 | BODY BALANCE (45') (S2) | BODY PUMP (45') (S1) | | | | | | 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 Paidesportcenter.com (!): Actividad fuera de cuota