

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		CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)	PAIDE TOTAL (45') (S2)			
7:45				CICLO VIRTUAL (45') (SC)			
8:30	ABDOMINALES (10') (ZEF)				ABDOMINALES (10') (ZEF)		
9:15	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	BODY BALANCE (45') (S1)		
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		
9:30	BODY PUMP (45') (S1)	ZUMBA (55') (S1)	BODY COMBAT 1 (45') (S1)	GLUTEBOOM (45') (S1)			
10:00	RECUP. ESPALDA (30') (P)						
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		CICLO VIRTUAL (45') (SC)					
10:15				PAIDE CROSS (30') (ZEF)			
10:30	YOGA 1 (50') (S1)	PAIDE TOTAL (45') (S2)		YOGA 1 (50') (S1)			
11:00		RECUP. ESPALDA (30') (P)		RECUP. ESPALDA (30') (P)	ZUMBA (55') (S1)		
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	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	

MEDIODÍA (de 12h a 17h)

12:15	CICLO VIRTUAL (45') (SC)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)				
12:15						CICLO VIRTUAL (45') (SC)	
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		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			
14:00	BODY PUMP (45') (S1)		ZUMBA (55') (S1)				
14:15	CICLO VIRTUAL (45') (SC)						
15:15	CICLO VIRTUAL (45') (SC)						
15:30			BODY PUMP (45') (S1)	ZUMBA (55') (S1)			
16:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)		
16:15					CICLO VIRTUAL (45') (SC)		
16:30	BODY PUMP (45') (S1)		AQUADYNAMIC (45') (P)	BODY COMBAT 1 (45') (S1)			
16:45		CICLO (45') (SC)					

TARDE (de 17h al cierre)

17:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		YOGA 1 (50') (S1)		
17:15					CICLO (45') (SC)		
17:30		CICLO VIRTUAL (30') (SC)		CICLO VIRTUAL (30') (SC)			
17:45		BODY PUMP (45') (S1)	GLUTEBOOM (45') (S1)				
18:00	ZUMBA (55') (S1)			BODY BALANCE (45') (S1)			
18:00	PAIDE CROSS (30') (ZEF)			PAIDE TOTAL (45') (S2)			
18:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY COMBAT 1 (45') (S1)		
18:15					CICLO VIRTUAL (45') (SC)		
18:30	PAIDE TOTAL (45') (S2)	ABDOMINALES (10') (ZEF)	YOGA 1 (50') (S1)				
18:45		BODY BALANCE (45') (S1)		ABDOMINALES (10') (ZEF)			
19:00				ZUMBA (55') (S1)			
19:15	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)		
19:15	BODY COMBAT 1 (45') (S1)		CICLO VIRTUAL (45') (SC)				
19:15	CICLO (45') (SC)						
19:30		CNPAIDE (45') (P)	BODY PUMP (45') (S1)	CNPAIDE (45') (P)			
19:30		YOGA 1 (50') (S1)					
20:00	CNPAIDE (45') (P)		CNPAIDE (45') (P)				
20:15	BODY BALANCE (45') (S1)	AQUADYNAMIC (45') (P)	ZUMBA (55') (S1)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)		
20:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	BODY PUMP (45') (S1)			
20:15				CICLO VIRTUAL (45') (SC)			
20:30		BODY PUMP (45') (S1)					
21:00	GLUTEBOOM (45') (S1)						
21:15	CICLO VIRTUAL (30') (SC)	CICLO VIRTUAL (45') (SC)					

LEYENDA SALAS

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

TIPO ACTIVIDAD

ACUÁTICAS	19:30
BAILE	20:00
CARDIO	20:15
CARDIO-TONO	20:15
CUERPO-MENTE	20:15
TONO	20:30
VIRTUALES	21:00

También puede consultar los horarios en Padesportcenter.com

(!!): Actividad fuera de cuota