

Hora de Inicio		BASSA						DEL 1 NOVIEMBRE 2025 AL 30 NOVIEMBRE 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)	GLUTEBOOM (45 ') (S1)								9:30	
10:00	RECUP. ESPALDA (30 ') (P)											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)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)								10:15
10:15				PAIDE CROSS (30 ') (ZEF)								10:15	
10:30		PAIDE TOTAL (45 ') (S2)		YOGA (55 ') (S2)								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	
17:45		BODY PUMP (45 ') (S1)										17:45	
18:00	ZUMBA (55 ') (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	BODY BALANCE (45 ') (S2)	AQUADYNAMIC (45 ') (P)	ZUMBA (55 ') (S1)	AQUADYNAMIC (45 ') (P)	CICLO VIRTUAL (45 ') (SC)								20:15
20:15	CICLO VIRTUAL (45 ') (SC)	YOGA (60 ') (S2)	CICLO (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			
21:00	GLUTEBOOM (45 ') (S1)								21:00				
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		