


Hora de Inicio	 BASSA							DEL 1 MAYO 2026 AL 31 MAYO 2026		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 (10') (ZEF)				ABDOMINALES (10') (ZEF)					8:30
9:15	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	AQUADYNAMIC. (45') (P)	CICLO (45') (SC)	BODY BALANCE (45') (S1)					9:15
9:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		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	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
10:15		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	YOGA 1 (50') (S1)	PAIDE TOTAL (45') (S2)		YOGA 1 (50') (S1)						10:30
11:00		RECUP. ESPALDA (30') (P)		RECUP. ESPALDA (30') (P)	ZUMBA (55') (S1)					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										16:15
16:30	BODY PUMP (45') (S1)		AQUADYNAMIC (45') (P)	BODY COMBAT 1 (45') (S1)						16:30
16:45		CICLO (45') (SC)								16:45
TARDE (de 17h al cierre)										
17:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		YOGA 1 (50') (S1)					17:15
17:15					CICLO (45') (SC)					17:15
17:30		CICLO VIRTUAL (30') (SC)		CICLO VIRTUAL (30') (SC)						17:30
17:45		BODY PUMP (45') (S1)	GLUTEBOOM (45') (S1)							17:45
18:00	ZUMBA (55') (S1)			BODY BALANCE (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)	BODY COMBAT 1 (45') (S1)					18:15
18:15					CICLO VIRTUAL (45') (SC)					18:15
18:30	PAIDE TOTAL (45') (S2)	ABDOMINALES (10') (ZEF)	YOGA 1 (50') (S1)							18:30
18:45		BODY BALANCE (45') (S1)		ABDOMINALES (10') (ZEF)						18:45
19:00				ZUMBA (55') (S1)						19:00
19:15	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					19:15
19:15	BODY COMBAT 1 (45') (S1)		CICLO VIRTUAL (45') (SC)							19:15
19:15	CICLO (45') (SC)									19:15
19:30		CNPAIDE (45') (P)	BODY PUMP (45') (S1)	CNPAIDE (45') (P)						19:30
19:30		YOGA 1 (50') (S1)								19:30
20:00	CNPAIDE (45') (P)		CNPAIDE (45') (P)							20:00
20:15	BODY BALANCE (45') (S1)	AQUADYNAMIC (45') (P)	ZUMBA (55') (S1)	AQUADYNAMIC (45') (P)	CICLO VIRTUAL (45') (SC)					20:15
20:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	BODY PUMP (45') (S1)						20:15
20:15				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 Paldesportcenter.com

(!!): Actividad fuera de cuota

LEYENDA SALAS

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

TIPO ACTIVIDAD

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