# BONAIRE

**DEL 1 ABRIL 2021 AL 30 ABRIL 2021**

| Hora de Inicio | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO | DOMINGO | Hora de Inicio |
|---|---|---|---|---|---|---|---|---|
| **MAÑANA (de 9h a 12h)** | | | | | | | | |
| 8:30 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 8:30 |
| 9:30 | AQUADYNAMIC (45 ') (P) | PAIDE CROSS (30 ') (ZEF) | AQUADYNAMIC (45 ') (P) | PAIDE CROSS (30 ') (ZEF) | PAIDE DANCE (45 ') (S3) | | | 9:30 |
| 9:30 | CICLO VIRTUAL (45 ') (SC) | | CICLO VIRTUAL (45 ') (SC) | | | | | 9:30 |
| 9:45 | BODY COMBAT 3 (45 ') (S3) | CICLO (45 ') (SC) | BODY PUMP (45 ') (S3) | CICLO (45 ') (SC) | CICLO (45 ') (SC) | | | 9:45 |
| 10:30 | BODY BALANCE (45 ') (S2) | PILATES (45 ') (S3) | | PILATES (45 ') (S3) | BODY PUMP (45 ') (S3) | CICLO (45 ') (SC) | CICLO (45 ') (SC) | 10:30 |
| 10:45 | BODY PUMP (45 ') (S3) | | BODY BALANCE (45 ') (S3) | | AQUAPAIDE (45 ') (P) | | | 10:45 |
| 11:00 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 11:00 |
| 11:30 | | | | | | BODY PUMP (45 ') (S3) | CICLO VIRTUAL (45 ') (SC) | 11:30 |
| 11:30 | | | | | | CICLO VIRTUAL (45 ') (SC) | | 11:30 |
| **MEDIODÍA (de 12h a 17h)** | | | | | | | | |
| 12:00 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 12:00 |
| 12:30 | | | | | | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | 12:30 |
| 13:15 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 13:15 |
| 13:30 | | | | | | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | 13:30 |
| 13:45 | | PAIDE FUNCIONAL (45 ') (S3) | | PAIDE FUNCIONAL (45 ') (S3) | | | | 13:45 |
| 14:15 | CICLO (45 ') (SC) | | CICLO (45 ') (SC) | | CICLO (45 ') (SC) | | | 14:15 |
| 14:30 | BODY PUMP (45 ') (S3) | BODY COMBAT 2 (45 ') (S2) | BODY PUMP (45 ') (S3) | AQUADYNAMIC (45 ') (P) | BODY BALANCE (45 ') (S3) | | | 14:30 |
| 14:30 | | CICLO VIRTUAL (45 ') (SC) | | PILATES (45 ') (S2) | | | | 14:30 |
| 14:30 | | PAIDE CROSS (30 ') (ZEF) | | CICLO VIRTUAL (45 ') (SC) | | | | 14:30 |
| 14:30 | | | | PAIDE CROSS (30 ') (ZEF) | | | | 14:30 |
| 16:00 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 16:00 |
| **TARDE (de 17h al cierre)** | | | | | | | | |
| 17:00 | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | BODY PUMP (45 ') (S3) | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 17:00 |
| 17:00 | | | CICLO VIRTUAL (45 ') (SC) | | | | | 17:00 |
| 18:00 | ZUMBA (45 ') (S3) | BODY PUMP (45 ') (S3) | | PAIDE FUNCIONAL (45 ') (S3) | ZUMBA (45 ') (S3) | | | 18:00 |
| 18:00 | | CICLO VIRTUAL (45 ') (SC) | | CICLO VIRTUAL (45 ') (SC) | CICLO VIRTUAL (45 ') (SC) | | | 18:00 |
| 18:15 | CICLO (45 ') (SC) | PILATES (45 ') (S2) | CICLO (45 ') (SC) | PILATES (45 ') (S2) | | | | 18:15 |
| 19:00 | BODY PUMP (45 ') (S3) | BODY COMBAT 3 (45 ') (S3) | BODY BALANCE (45 ') (S3) | ZUMBA (45 ') (S3) | BODY PUMP (45 ') (S3) | | | 19:00 |
| 19:00 | | CICLO (45 ') (SC) | PAIDE CROSS (30 ') (ZEF) | CICLO (45 ') (SC) | CICLO (45 ') (SC) | | | 19:00 |
| 19:15 | PILATES (45 ') (S2) | YOGA (45 ') (S2) | CICLO (45 ') (SC) | | YOGA (45 ') (S2) | | | 19:15 |
| 19:15 | CICLO (45 ') (SC) | | | | | | | 19:15 |
| 19:30 | AQUAPAIDE (45 ') (P) | AQUADYNAMIC (45 ') (P) | AQUADYNAMIC (45 ') (P) | AQUAPAIDE (45 ') (P) | CNPAIDE (45 ') (P) | | | 19:30 |
| 20:00 | BODY COMBAT 3 (45 ') (S3) | BODY PUMP (45 ') (S3) | BODY COMBAT 3 (45 ') (S3) | BODY PUMP (45 ') (S3) | CICLO VIRTUAL (45 ') (SC) | | | 20:00 |
| 20:00 | | CICLO (45 ') (SC) | | CICLO (45 ') (SC) | | | | 20:00 |
| 20:15 | CICLO (45 ') (SC) | CNPAIDE (30 ') (P) | PILATES (45 ') (S2) | CNPAIDE (30 ') (P) | | | | 20:15 |
| 20:15 | | | CICLO VIRTUAL (45 ') (SC) | | | | | 20:15 |

**LEYENDA SALAS**

P: PISCINA
S2: SALA 2
S3: SALA 3
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
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**TIPO ACTIVIDAD**

- ACUÁTICAS
- BAILE
- CARDIO
- CARDIO-TONO
- CUERPO-MENTE
- TONO
- VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota