

Hora de Inicio	PAIDESPORT CENTER	BONAIRE						DEL 1 JUNIO 2022 AL 30 JUNIO 2022		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
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)	GAP (45 ') (S3)	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	BOXEO (!!) (60 ') (S2)		BOXEO (!!) (60 ') (S2)							14:15
14:15	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)							14:15
14:30	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)	AQUADYNAMIC (45 ') (P)	BODY BALANCE (45 ') (S2)					14:30
14:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	PILATES (45 ') (S2)	CICLO (45 ') (SC)					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
17:30				PAIDE CROSS (30 ') (ZEF)						17:30
18:00	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)	PAIDE FUNCIONAL (45 ') (S3)	GAP (45 ') (S3)	ZUMBA (45 ') (S3)					18:00
18:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						18:00
18:15	CICLO (45 ') (SC)	PILATES (45 ') (S2)	CICLO (45 ') (SC)	PILATES (45 ') (S2)	CICLO (45 ') (SC)					18:15
19:00	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	BODY BALANCE (45 ') (S3)	PAIDE DANCE (45 ') (S3)	BODY PUMP (45 ') (S3)					19:00
19:00		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)				CICLO VIRTUAL (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)						20:00
20:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)						20:00
20:15	CICLO (45 ') (SC)	CNPAIDE (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	CNPAIDE (30 ') (P)						20:15

LEYENDA SALAS

P: PISCINA
S2: SALA 2
S3: SALA 3
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