


Hora de Inicio	 BONAIRE						DEL 1 DICIEMBRE 2021 AL 31 DICIEMBRE 2021		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') (S2)		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 3 (45') (S3)	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)	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)	PAIDE CROSS (30') (ZEF)	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