

| Hora de Inicio | PAIDESPORT CENTER | BONAIRE | | | | | | DEL 1 SEPTIEMBRE 2021 AL 30 SEPTIEMBRE 2021 | | Hora de Inicio |
|----------------|-------------------|---------|-----------|--------|---------|--------|---------|---|--|----------------|
| | LUNES | MARTES | MIÉRCOLES | 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)

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|-------|---------------------------|-----------------------------|---------------------------|-----------------------------|---------------------------|---------------------------|---------------------------|--|-------|
| 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 | 17:00 |
| S2: SALA 2 | 18:00 |
| S3: SALA 3 | 18:15 |
| SC: SALA CICLO | 19:00 |
| ZEF: ZONA E. FUNCIONAL | 19:00 |
| : | 19:15 |
| : | 19:15 |
| TIPO ACTIVIDAD | |
| ACUÁTICAS | 19:30 |
| BAILE | 20:00 |
| CARDIO | 20:15 |
| CARDIO-TONO | |
| CUERPO-MENTE | |
| TONO | |
| VIRTUALES | |