BONAIRE

DEL 1 SEPTIEMBRE 2024 AL 30 SEPTIEMBRE 2024

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	PAIDE DANCE (45 ') (S3)	AQUADYNAMIC (45 ') (P)	BODY COMBAT 3 (45 ') (S3)	AQUADYNAMIC (45 ') (P)	PAIDE DANCE (45 ') (S3)			9:30
9:30	CICLO (45 ') (SC)	GAP (45 ') (S3)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)			9:30
9:30		CICLO VIRTUAL (45 ') (SC)		PAIDE CROSS (45 ') (ZEF)				9:30
10:30	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S2)	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S2)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30
10:30	BODY PUMP (45 ') (S3)		BODY PUMP (45 ') (S3)					10:30
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	ABDOMINALES (15 ') (S3)		ABDOMINALES (15 ') (S3)					14:15
14:30	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	BODY PUMP (45 ') (S3)	PILATES (45 ') (S2)	BODY BALANCE (45 ') (S2)			14:30
14:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			14:30
14:30		PAIDE CROSS (45 ') (ZEF)		PAIDE CROSS (45 ') (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	BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			17:00
17:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					17:00
17:45		ABDOMINALES (15 ') (S2)		ABDOMINALES (15 ') (S2)				17:45
18:00	PILATES (45 ') (S2)	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S2)	BODY BALANCE (45 ') (S2)	PAIDE DANCE (45 ') (S3)			18:00
18:00	PAIDE DANCE (45 ') (S3)	GAP (45 ') (S3)	PAIDE FUNCIONAL (45 ') (S3)	BODY PUMP (45 ') (S3)				18:00
18:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				18:00
18:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)			18:15
19:00	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	BODY PUMP (45 ') (S3)			19:00
19:00	YOGA (45 ') (S2)	PILATES (45 ') (S2)	YOGA (45 ') (S2)	PILATES (45 ') (S2)				19:00
19:00	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	GAP (45 ') (S3)	PAIDE DANCE (45 ') (S3)				19:00
19:00	RUNNING (60 ') (SO)	CICLO (45 ') (SC)	RUNNING (60 ') (SO)	CICLO (45 ') (SC)				19:00
19:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			19:15
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 VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			20:15
21:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				21:00

LEYENDA SALAS

P: PISCINA
S2: SALA 2
S3: SALA 3
SC: SALA CICLO
SO: SALA OUTDOOR
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