BONAIRE

DEL 1 ENERO 2022 AL 31 ENERO 2022

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)	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
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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