

Hora de Inicio	PAIDESPORT CENTER BONAIRE DEL 25 SEPTIEMBRE 2023 AL 30 SEPTIEMBRE 2023						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 (45 ') (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)	BODY BALANCE (45 ') (S2)	PILATES (45 ') (S3)	BODY PUMP (45 ') (S3)	CICLO (45 ') (SC)	CICLO (45 ') (SC)	10:30		
10:45	BODY PUMP (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)
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 ') (S3)	BODY BALANCE (45 ') (S3)			14:30		
14:30	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (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)	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		17:00		
17:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					17:00		
18:00	PILATES (45 ') (S2)	GAP (45 ') (S3)	PILATES (45 ') (S2)	BODY BALANCE (45 ') (S2)	ZUMBA (45 ') (S3)			18:00		
18:00	ZUMBA (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S3)	BODY PUMP (45 ') (S3)				18:00		
18:00				CICLO VIRTUAL (45 ') (SC)				18:00		
18:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)			18:15		
18:45	RUNNING (60 ') (SO)							18:45		
19:00	YOGA (60 ') (S2)	PILATES (45 ') (S2)	YOGA (60 ') (S2)	PAIDE DANCE (45 ') (S3)	BODY PUMP (45 ') (S3)			19:00		
19:00	BODY PUMP (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)	GAP (45 ') (S3)	CICLO (45 ') (SC)				19:00		
19:00		CICLO (45 ') (SC)		PAIDE CROSS (30 ') (ZEF)				19:00		
19:15	CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)			19:15		
19:30	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	CNPAIDE (30 ') (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	CNPAIDE (30 ') (P)		CNPAIDE (30 ') (P)		CICLO VIRTUAL (45 ') (SC)			20:15		
20:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					20:15		
21:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				21:00		
También puede consultar los horarios en Paidesportcenter.com						(!): Actividad fuera de cuota				