

Hora de Inicio	CORREDOR						DEL 1 JULIO 2024 AL 31 JULIO 2024		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
9:15	ENTRENAMIENTO (45 ') (P)		ENTRENAMIENTO (45 ') (P)		ENTRENAMIENTO (45 ') (P)				9:15
9:30	CICLO (45 ') (SC)	RECUP. ESPALDA (30 ') (P)	BODY PUMP (45 ') (S1)	RECUP. ESPALDA (30 ') (P)	WALKING VIRTUAL (35 ') (ZIW)				9:30
9:30	WALKING VIRTUAL (35 ') (ZIW)	PILATES (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S2)					9:30
9:30		CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)					9:30
9:30		WALKING VIRTUAL (35 ') (ZIW)							9:30
9:45					ABDOMINALES (15 ') (S2)				9:45
10:00	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)				10:00
10:00					CICLO (45 ') (SC)				10:00
10:30	BODY PUMP (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	PAIDE DANCE (45 ') (S1)	CICLO (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)		10:30
10:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)		CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)		10:30
10:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)			WALKING VIRTUAL (35 ') (ZIW)			10:30
11:00					GAP 1 (45 ') (S1)		RECUP. ESPALDA (30 ') (P)		11:00
11:15			ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)					11:15
11:30	BODY BALANCE (45 ') (S1)	CICLO (45 ') (SC)	PILATES (45 ') (S1)	BODY BALANCE (45 ') (S1)	CICLO VIRTUAL (45 ') (SC)	BODY BALANCE (45 ') (S1)	AQUAPAIDE (45 ') (P)		11:30
11:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S2)		11:30
11:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)		11:30
11:30							WALKING VIRTUAL (35 ') (ZIW)		11:30
MEDIODÍA (de 12h a 17h)									
12:15	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)							12:15
12:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		12:30
12:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		12:30
13:15	INICIACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	INICIACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	RECUP. ESPALDA (30 ') (P)				13:15
13:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		13:30
13:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		13:30
14:30	ENTRENAMIENTO (45 ') (P)	ENTRENAMIENTO (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)				14:30
14:30	BODY PUMP (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	CICLO (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S2)	PILATES (45 ') (S1)				14:30
14:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		14:30
14:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		14:30
15:00					RECUP. ESPALDA (30 ') (P)				15:00
15:15	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S2)				15:15
15:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		15:30
15:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		15:30
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)		16:30
16:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		16:30
TARDE (de 17h al cierre)									
17:30	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)				17:30
17:30		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)					17:30
17:45			ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)				17:45
18:00	PILATES (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	PAIDE DANCE (45 ') (S1)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)				18:00
18:30	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S1)	PILATES (45 ') (S2)	BODY COMBAT 2 (45 ') (S2)	WALKING VIRTUAL (35 ') (ZIW)				18:30
18:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)					18:30
18:30			WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)					18:30
19:00	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	GAP 1 (45 ') (S1)	BODY BALANCE (45 ') (S1)	BODY PUMP (45 ') (S1)				19:00
19:15	ABDOMINALES (15 ') (S2)	ABDOMINALES (15 ') (S2)							19:15
19:30	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				19:30
19:30	WALKING VIRTUAL (35 ') (ZIW)			WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				19:30
19:45	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	INICIACIÓN (30 ') (P)	AQUAPAIDE (45 ') (P)					19:45
20:00	PAIDE CROSS (30 ') (ZEF)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	PAIDE CROSS (30 ') (ZEF)					20:00
20:15					AQUADYNAMIC (45 ') (P)				20:15
20:30	ENTRENAMIENTO (45 ') (P)	RECUP. ESPALDA (30 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)	CICLO VIRTUAL (45 ') (SC)				20:30
20:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)				20:30
20:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				20:30
21:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				21:30
21:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				21:30

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
ZEF: ZONA E. FUNCIONAL
ZIW: ZONA IND. WALKING

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota