

Hora de Inicio	CORREDOR						DEL 1 SEPTIEMBRE 2023 AL 30 SEPTIEMBRE 2023		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO		

**MAÑANA (de 9h a 12h)**

9:15	ENTRENAMIENTO (45') (P)		ENTRENAMIENTO (45') (P)		ENTRENAMIENTO (45') (P)				9:15
9:15					CICLO VIRTUAL (45') (SC)				9:15
9:30	WALKING VIRTUAL (35') (ZIW)	RECUP. ESPALDA (30') (P)	CICLO VIRTUAL (45') (SC)	RECUP. ESPALDA (30') (P)	WALKING VIRTUAL (35') (ZIW)				9:30
9:30		CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)					9:30
9:30		WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)					9:30
9:45	ABDOMINALES (15') (S1)								9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	GAP 1 (45') (S1)				10:00
10:00	CICLO (45') (SC)	GAP 1 (45') (S1)	PILATES (45') (S1)	PAIDE FUNCIONAL (45') (S2)					10:00
10:15	PAIDE DANCE (45') (S1)	BODY COMBAT 2 (45') (S2)	PAIDE CROSS (30') (ZEF)	PILATES (45') (S1)	CICLO (45') (SC)				10:15
10:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	RECUP. ESPALDA (30') (P)	CICLO (45') (SC)	CICLO (45') (SC)		10:30
10:30			WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)		10:30
10:45			ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)				10:45
11:00	BODY BALANCE (45') (S2)	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)		RECUP. ESPALDA (30') (P)		11:00
11:00					BODY BALANCE (45') (S1)				11:00
11:15	BODY PUMP (45') (S1)	PILATES (45') (S1)	PAIDE DANCE 2 (45') (S2)	FIT BALL 1 (45') (S1)		ABDOMINALES (15') (S2)			11:15
11:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	GAP 1 (45') (S1)	AQUAPAIDE (45') (P)		11:30
11:30	WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)		11:30
11:30						WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)		11:30
11:30							WALKING VIRTUAL (35') (ZIW)		11:30
11:45		ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)					11:45

**MEDIODÍA (de 12h a 17h)**

12:00	INICIACIÓN (30') (P)			RECUP. ESPALDA (30') (P)					12:00
12:30	CICLO VIRTUAL (45') (SC)	RECUP. ESPALDA (30') (P)	INICIACIÓN (30') (P)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (45') (S1)	PAIDE FUNCIONAL (45') (S2)		12:30
12:30	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	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)		12:30
13:30	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)		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)	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)	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S2)	CICLO (45') (SC)	BODY BALANCE (45') (S1)				14:30
14:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO VIRTUAL (45') (SC)				14:30
14:30	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') (S2)	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S2)	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)				15:30
15:30	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)	WALKING VIRTUAL (35') (ZIW)	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)				16:30

**TARDE (de 17h al cierre)**

17:15			ABDOMINALES (15') (S2)						17:15
17:30	BODY PUMP (45') (S1)	PILATES (45') (S1)	CICLO (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)	WALKING VIRTUAL (35') (ZIW)					17:30
17:45				ABDOMINALES (15') (S1)					17:45
18:00			ABDOMINALES (15') (S2)	PAIDE FUNCIONAL (45') (S2)					18:00
18:15	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)	BODY PUMP (45') (S1)	BODY COMBAT 1 (45') (S1)	ABDOMINALES (15') (S2)				18:15
18:15	CICLO (45') (SC)	CICLO (45') (SC)							18:15
18:30	PILATES (45') (S1)	BODY BALANCE (45') (S1)	PAIDE DANCE 2 (45') (S2)	CICLO VIRTUAL (45') (SC)	BODY PUMP (45') (S1)				18:30
18:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	CICLO (45') (SC)				18:30
18:30					WALKING VIRTUAL (35') (ZIW)				18:30
19:00	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)							19:00
19:15	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	ABDOMINALES (15') (S2)					19:15
19:30	BODY PUMP (45') (S1)	PAIDE DANCE (45') (S1)	GAP 1 (45') (S1)	BODY BALANCE (45') (S1)	FIT BALL 1 (45') (S1)				19:30
19:30	PAIDE FUNCIONAL (45') (S2)	BODY COMBAT 2 (45') (S2)	PAIDE FUNCIONAL (45') (S2)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)				19:30
19:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)				19:30
19:45	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)					19:45
20:15					AQUADYNAMIC (45') (P)				20:15
20:15					ABDOMINALES (15') (S2)				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	GAP 1 (45') (S1)	BODY PUMP (45') (S1)	PILATES (45') (S1)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (35') (ZIW)				20:30
20:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)					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](http://Paidesportcenter.com) (!!): Actividad fuera de cuota