


Hora de Inicio	 CORREDOR							DEL 1 NOVIEMBRE 2024 AL 30 NOVIEMBRE 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
9:15					CICLO VIRTUAL (45') (SC)					9:15
9:30		RECUP. ESPALDA (30') (P)	CICLO VIRTUAL (45') (SC)	RECUP. ESPALDA (30') (P)						9:30
9:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						9:30
9:45	ABDOMINALES (15') (S2)									9:45
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	GAP 1 (45') (S1)					10:00
10:00	PAIDE DANCE (45') (S1)	GAP 1 (45') (S1)	PILATES (45') (S1)	PAIDE FUNCIONAL (45') (S2)						10:00
10:15	CICLO (45') (SC)	PAIDE FUNCIONAL (45') (S2)	PAIDE CROSS (30') (ZEF)	PILATES (45') (S1)	CICLO (45') (SC)	ABDOMINALES (15') (S2)				10:15
10:30			CICLO VIRTUAL (45') (SC)		RECUP. ESPALDA (30') (P)	CICLO (45') (SC)	CICLO (45') (SC)			10:30
10:45			ABDOMINALES (15') (S2)							10:45
11:00	BODY PUMP (45') (S1)	CICLO (45') (SC)	BODY PUMP (45') (S1)	CICLO (45') (SC)	AQUADYNAMIC (45') (P)		RECUP. ESPALDA (30') (P)			11:00
11:00					ABDOMINALES (15') (S2)					11:00
11:15	BODY BALANCE (45') (S2)	PILATES (45') (S1)	PAIDE DANCE 2 (45') (S2)	FIT BALL 1 (45') (S1)	BODY BALANCE (45') (S1)					11:15
11:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	GAP 1 (45') (S1)	AQUADYNAMIC (45') (P)			11:30
11:30						CICLO VIRTUAL (45') (SC)	PAIDE FUNCIONAL (45') (S2)			11:30
11:30							CICLO VIRTUAL (45') (SC)			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)	INICIACIÓN (30') (P)	RECUP. ESPALDA (30') (P)						12:00
12:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (45') (S1)	CICLO VIRTUAL (45') (SC)			12:30
12:30						CICLO VIRTUAL (45') (SC)				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
14:30	ENTRENAMIENTO (45') (P)	ENTRENAMIENTO (45') (P)	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	INICIACIÓN (30') (P)					14:30
14:30	CICLO (45') (SC)	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S2)	CICLO (45') (SC)	BODY BALANCE (45') (S1)					14:30
14:30		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					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
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)					16:30
TARDE (de 17h al cierre)										
17:15	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S2)	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S2)						17:15
17:30	BODY PUMP (45') (S1)	PILATES (45') (S1)	PAIDE FUNCIONAL (45') (S2)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					17:30
17:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							17:30
17:45			ABDOMINALES (15') (S1)							17:45
18:00				ABDOMINALES (15') (S1)						18:00
18:15		ABDOMINALES (15') (S2)	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S2)	ABDOMINALES (15') (S2)					18:15
18:15		CICLO (45') (SC)								18:15
18:30	PILATES (45') (S1)	BODY BALANCE (45') (S1)	PAIDE DANCE 2 (45') (S2)	GAP 1 (45') (S1)	BODY PUMP (45') (S1)					18:30
18:30	BODY COMBAT 2 (45') (S2)			CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)					18:30
19:15	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)							19:15
19:30	PAIDE DANCE (45') (S1)	BODY PUMP (45') (S1)	GAP 1 (45') (S1)	BODY BALANCE (45') (S1)	FIT BALL 1 (45') (S1)					19:30
19:30	PAIDE FUNCIONAL (45') (S2)	PAIDE DANCE 2 (45') (S2)	BODY COMBAT 2 (45') (S2)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)					19:30
19:45	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)						19:45
20:00					AQUADYNAMIC (45') (P)					20:00
20:15	ABDOMINALES (15') (S2)				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	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S2)	PILATES (45') (S1)							20:30
20:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	PAIDE CROSS (30') (ZEF)						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

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S2: SALA 2
SC: SALA CICLO
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