


Hora de Inicio	 CORREDOR						DEL 1 JULIO 2021 AL 31 JULIO 2021		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
9:15	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	ENTRENAMIENTO (45 ') (P)				9:15
9:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)				9:30
9:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)					9:30
9:45	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)					9:45
10:00	BODY PUMP (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	BODY PUMP (45 ') (S1)	PAIDE FUNCIONAL (45 ') (S2)	AQUAPAIDE (45 ') (P)				10:00
10:00					CICLO (45 ') (SC)				10:00
10:30	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO (45 ') (SC)	CICLO (45 ') (SC)		10:30
10:30		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		10:30
11:00	CICLO (45 ') (SC)	ZUMBA (45 ') (S1)	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S1)	GAP 1 (45 ') (S1)			RECUP. ESPALDA (30 ') (P)	11:00
11:30	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	BODY PUMP (45 ') (S1)		AQUADYNAMIC (45 ') (P)	11:30
11:30		WALKING VIRTUAL (30 ') (ZIW)			WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		FIT BALL 1 (45 ') (S1)	11:30
11:30								WALKING VIRTUAL (30 ') (ZIW)	11:30
MEDIODÍA (de 12h a 17h)									
12:00	RECUP. ESPALDA (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	RECUP. ESPALDA (30 ') (P)	MÁSTER NATACIÓN (30 ') (P)	INICIACIÓN (30 ') (P)			CICLO VIRTUAL (45 ') (SC)	12:00
12:00	PILATES (45 ') (S1)	PILATES (45 ') (S1)	PAIDE TOTAL (45 ') (S2)	CICLO (45 ') (SC)	BODY BALANCE (45 ') (S1)				12:00
12:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)		WALKING VIRTUAL (30 ') (ZIW)	12:30
12:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)			12:30
13:00								CICLO VIRTUAL (45 ') (SC)	13:00
13:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)		13:30
13:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				13:30
14:30	ENTRENAMIENTO (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)	AQUADYNAMIC (45 ') (P)	ENTRENAMIENTO (45 ') (P)				14:30
14:30	CICLO (45 ') (SC)	BODY PUMP (45 ') (S1)	CICLO (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO (45 ') (SC)				14:30
14:30	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				14:30
14:30		WALKING VIRTUAL (30 ') (ZIW)							14:30
15:15					RECUP. ESPALDA (30 ') (P)				15:15
15:30	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)				15:30
15:30		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)					15:30
16:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				16:00
16:30	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)				16:30
16:30		WALKING VIRTUAL (30 ') (ZIW)		WALKING VIRTUAL (30 ') (ZIW)					16:30
TARDE (de 17h al cierre)									
17:00	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				17:00
17:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)				17:30
17:30				WALKING VIRTUAL (30 ') (ZIW)					17:30
18:00	FIT BALL 1 (45 ') (S1)	CICLO (45 ') (SC)	ZUMBA (45 ') (S1)	BODY PUMP (45 ') (S1)	BODY BALANCE (45 ') (S1)				18:00
18:00					CICLO VIRTUAL (45 ') (SC)				18:00
18:30	CICLO (45 ') (SC)	BODY COMBAT 1 (45 ') (S1)	CICLO (45 ') (SC)	PAIDE FUNCIONAL (45 ') (S2)	WALKING VIRTUAL (30 ') (ZIW)				18:30
18:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)					18:30
19:00	BODY PUMP (45 ') (S1)	PILATES (45 ') (S2)	PAIDE TOTAL (45 ') (S2)	CICLO (45 ') (SC)	CICLO (45 ') (SC)				19:00
19:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				19:30
19:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)						19:30
19:45	AQUADYNAMIC (45 ') (P)	AQUAPAIDE (45 ') (P)	AQUADYNAMIC (45 ') (P)						19:45
20:00	BODY BALANCE (45 ') (S1)	GAP 1 (45 ') (S1)	BODY PUMP (45 ') (S1)	PILATES (45 ') (S1)	AQUADYNAMIC (45 ') (P)				20:00
20:30	RECUP. ESPALDA (30 ') (P)	ENTRENAMIENTO (45 ') (P)	INICIACIÓN (30 ') (P)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)				20:30
20:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				20:30
20:30	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (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 (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)	WALKING VIRTUAL (30 ') (ZIW)				21:30

LEYENDA SALAS

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

TIPO ACTIVIDAD

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CARDIO-TONO
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También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota