

MAÑANA (de 9h a 12h)								
9:15			ENTRENAMIENTO (45') (P)		ENTRENAMIENTO (45') (P)			9:15
9:15			CICLO VIRTUAL (45') (SC)					9:15
9:30	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	WALKING VIRTUAL (30') (ZIW)	RECUP. ESPALDA (30') (P)	WALKING VIRTUAL (30') (ZIW)			9:30
9:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		CICLO VIRTUAL (45') (SC)				9:30
9:30				WALKING VIRTUAL (30') (ZIW)				9:30
10:00	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)			10:00
10:00	BODY PUMP (45') (S1)	PAIDE FUNCIONAL (45') (S2)	BODY PUMP (45') (S1)	BODY BALANCE (45') (S1)	GAP 1 (45') (S1)			10:00
10:00		CICLO VIRTUAL (45') (SC)						10:00
10:15	CICLO (45') (SC)	BODY BALANCE (45') (S1)	CICLO (45') (SC)	PAIDE CROSS (30') (ZEF)	CICLO (45') (SC)			10:15
10:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	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)	10:30
10:45				ABDOMINALES (15') (S2)				10:45
11:00	PILATES (45') (S1)	ABDOMINALES (15') (S2)	PILATES (45') (S1)	PAIDE DANCE (45') (S1)	BODY BALANCE (45') (S1)		RECUP. ESPALDA (30') (P)	11:00
11:00		CICLO (45') (SC)						11:00
11:15	BODY COMBAT 2 (45') (S2)	PAIDE DANCE (45') (S1)	PAIDE TOTAL (45') (S2)	PILATES (45') (S2)				11:15
11:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	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)	CICLO VIRTUAL (45') (SC)	FIT BALL 1 (45') (S1)	11:30
11:30						WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	11:30
11:30							WALKING VIRTUAL (30') (ZIW)	11:30
11:45			CICLO VIRTUAL (45') (SC)					11:45

MEDIODÍA (de 12h a 17h)								
12:00	MÁSTER NATACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	INICIACIÓN (30') (P)	RECUP. ESPALDA (30') (P)	MÁSTER NATACIÓN (30') (P)			12:00
12:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (45') (S1)	CICLO (45') (SC)	12:30
12:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	12:30
12:30						WALKING VIRTUAL (30') (ZIW)		12:30
12:45			CICLO VIRTUAL (45') (SC)					12:45
13:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	13:30
13:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	13:30
13:45			CICLO VIRTUAL (45') (SC)					13:45
14:30	AQUADYNAMIC (45') (P)	ENTRENAMIENTO (45') (P)	AQUAPAIDE (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 (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)			14:30
14:30	WALKING VIRTUAL (30') (ZIW)				WALKING VIRTUAL (30') (ZIW)			14:30
14:45			CICLO VIRTUAL (45') (SC)					14:45
15:00					RECUP. ESPALDA (30') (P)			15:00
15:15	ABDOMINALES (15') (S2)		ABDOMINALES (15') (S1)					15:15
15:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			15:30
15:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			15:30
15:45			CICLO VIRTUAL (45') (SC)					15:45
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			16:30
16:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			16:30
16:45			CICLO VIRTUAL (45') (SC)					16:45

TARDE (de 17h al cierre)								
17:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			17:30
17:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			17:30
17:45			CICLO VIRTUAL (30') (SC)					17:45
18:00		ABDOMINALES (15') (S2)		ABDOMINALES (15') (S2)				18:00
18:15	GAP 1 (45') (S1)	BODY PUMP (45') (S1)	PAIDE DANCE 2 (45') (S2)	BODY COMBAT 1 (45') (S1)	BODY PUMP (45') (S1)			18:15
18:30	CICLO (45') (SC)	CICLO (45') (SC)	FIT BALL 1 (45') (S1)	PAIDE FUNCIONAL (45') (S2)	CICLO (45') (SC)			18:30
18:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)			18:30
18:30				WALKING VIRTUAL (30') (ZIW)				18:30
18:45	PILATES (45') (S2)	PAIDE FUNCIONAL (45') (S2)	CICLO (45') (SC)					18:45
19:15	BODY PUMP (45') (S1)	BODY COMBAT 1 (45') (S1)	PAIDE TOTAL (45') (S2)	BODY PUMP (45') (S1)	BODY BALANCE (45') (S1)			19:15
19:30	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	GAP 1 (45') (S1)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)			19:30
19:30	CICLO (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			19:30
19:30	WALKING VIRTUAL (30') (ZIW)							19:30
19:45	PAIDE DANCE 2 (45') (S2)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)				19:45
19:45		BODY BALANCE (45') (S2)	CICLO (45') (SC)					19:45
20:00					AQUADYNAMIC (45') (P)			20:00
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)	GAP 1 (30') (S1)	BODY PUMP (45') (S1)	PILATES (45') (S1)	WALKING VIRTUAL (30') (ZIW)			20:30
20:30	PAIDE CROSS (30') (ZEF)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)				20:30
20:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)				20:30
20:45			CICLO VIRTUAL (45') (SC)					20:45
21:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	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)			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	

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(!!): Actividad fuera de cuota