

MAÑANA (de 9h a 12h)

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|-------|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|------------------------|--------------------------|-------|
| 9:00 | | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | | | 9:00 |
| 9:30 | CNPAIDE (30') (P) | AQUAPAIDE (30') (P) | CNPAIDE (30') (P) | AQUAPAIDE (30') (P) | WATERPOLO (30') (P) | | | 9:30 |
| 9:30 | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | PILATES (45') (S3) | | | 9:30 |
| 9:30 | | | | | CICLO VIRTUAL (45') (SC) | | | 9:30 |
| 10:00 | AQUADYNAMIC (30') (P) | CNPAIDE (30') (P) | AQUADYNAMIC (30') (P) | RECUP. ESPALDA (30') (P) | AQUADYNAMIC (30') (P) | | | 10:00 |
| 10:00 | ZUMBA (45') (S1) | BODY PUMP (45') (S3) | ZUMBA (45') (S3) | BODY PUMP (45') (S3) | | | | 10:00 |
| 10:00 | | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | | | 10:00 |
| 10:15 | | BODY COMBAT (45') (S1) | | | BODY COMBAT (45') (S1) | | | 10:15 |
| 10:15 | | | | | ZUMBA (45') (S3) | | | 10:15 |
| 10:30 | CICLO (45') (SC) | | CICLO (45') (SC) | | CICLO (45') (SC) | CICLO (45') (SC) | CICLO (45') (SC) | 10:30 |
| 10:45 | GAP (30') (S1) | | PILATES (45') (S3) | | | | | 10:45 |
| 11:00 | | BODY BALANCE (45') (S3) | | | | BODY PUMP (45') (S3) | AQUADYNAMIC (45') (P) | 11:00 |
| 11:00 | | | | | | | BODY PUMP (45') (S3) | 11:00 |
| 11:15 | ABDOMINALES (15') (S1) | CICLO (45') (SC) | ABDOMINALES (15') (S1) | CICLO (45') (SC) | ABDOMINALES (15') (S1) | ABDOMINALES (15') (S1) | ABDOMINALES (15') (S1) | 11:15 |
| 11:30 | RECUP. ESPALDA (30') (P) | | CNPAIDE (30') (P) | ENTRENAMIENTO (30') (P) | GAP 3 (30') (S3) | CICLO (45') (SC) | PILATES (45') (S1) | 11:30 |
| 11:30 | PILATES (45') (S3) | | PAIDE FUNCIONAL (45') (S1) | | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | 11:30 |
| 11:30 | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | | | | 11:30 |
| 11:45 | | | | | | GAP 3 (30') (S3) | CNPAIDE (30') (P) | 11:45 |

MEDIODÍA (de 12h a 17h)

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|-------|--------------------------|--------------------------|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|-------|
| 12:00 | AQUAPAIDE (45') (P) | AQUADYNAMIC (45') (P) | AQUAPAIDE (45') (P) | AQUADYNAMIC (45') (P) | AQUAPAIDE (45') (P) | | BODY COMBAT 3 (45') (S3) | 12:00 |
| 12:00 | | ABDOMINALES (15') (S1) | | ABDOMINALES (15') (S1) | | | | 12:00 |
| 12:15 | | | | CICLO VIRTUAL (45') (SC) | | | ABDOMINALES (15') (S1) | 12:15 |
| 12:15 | | | | | | | PILATES (45') (S3) | 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) | 12:30 |
| 13:15 | | | | CICLO VIRTUAL (45') (SC) | | | | 13:15 |
| 13:30 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | | 13:30 |
| 14:15 | | | | CICLO VIRTUAL (45') (SC) | | | | 14:15 |
| 14:30 | AQUAPAIDE (30') (P) | AQUADYNAMIC (45') (P) | AQUAPAIDE (30') (P) | AQUADYNAMIC (45') (P) | CNPAIDE (30') (P) | | | 14:30 |
| 14:30 | ZUMBA (45') (S1) | BODY PUMP (45') (S3) | CICLO (45') (SC) | PILATES (45') (S1) | PAIDE FUNCIONAL (45') (S1) | | | 14:30 |
| 14:30 | CICLO (45') (SC) | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | | | 14:30 |
| 15:00 | CNPAIDE (30') (P) | | CNPAIDE (30') (P) | | | | | 15:00 |
| 15:15 | ABDOMINALES (15') (S1) | | ABDOMINALES (15') (S1) | CICLO VIRTUAL (45') (SC) | | | | 15:15 |
| 15:30 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | | 15:30 |
| 16:15 | | | | CICLO VIRTUAL (45') (SC) | | | | 16:15 |
| 16:30 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | | 16:30 |

TARDE (de 17h al cierre)

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|-------|----------------------------|--------------------------|--------------------------|----------------------------|--------------------------|--|--|-------|
| 17:15 | | | | CICLO VIRTUAL (45') (SC) | | | | 17:15 |
| 17:30 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | | 17:30 |
| 18:00 | BODY BALANCE (45') (S1) | PILATES (45') (S3) | ZUMBA (45') (S1) | PILATES (45') (S3) | BODY COMBAT (45') (S1) | | | 18:00 |
| 18:00 | BODY PUMP (45') (S3) | | | | BODY PUMP (45') (S3) | | | 18:00 |
| 18:15 | | | | PAIDE FUNCIONAL (45') (S1) | | | | 18:15 |
| 18:30 | CICLO (45') (SC) | BODY COMBAT (45') (S1) | BODY PUMP (45') (S3) | CICLO (45') (SC) | | | | 18:30 |
| 18:30 | | CICLO (45') (SC) | | | | | | 18:30 |
| 18:45 | | | BODY BALANCE (45') (S1) | | | | | 18:45 |
| 19:00 | ZUMBA (45') (S3) | BODY PUMP (45') (S3) | | ZUMBA (45') (S1) | ZUMBA (45') (S1) | | | 19:00 |
| 19:00 | | | | BODY PUMP (45') (S3) | CICLO (45') (SC) | | | 19:00 |
| 19:15 | ABDOMINALES (15') (S1) | ABDOMINALES (15') (S1) | ABDOMINALES (15') (S3) | | | | | 19:15 |
| 19:30 | AQUADYNAMIC (45') (P) | AQUAPAIDE (45') (P) | AQUADYNAMIC (45') (P) | AQUAPAIDE (45') (P) | AQUADYNAMIC (30') (P) | | | 19:30 |
| 19:30 | BODY COMBAT (45') (S1) | ZUMBA (45') (S1) | GAP (30') (S1) | CICLO (45') (SC) | | | | 19:30 |
| 19:30 | CICLO (45') (SC) | CICLO (45') (SC) | BODY COMBAT 3 (45') (S3) | | | | | 19:30 |
| 19:30 | | | CICLO (45') (SC) | | | | | 19:30 |
| 19:45 | | | | | ABDOMINALES (15') (S1) | | | 19:45 |
| 20:00 | BODY PUMP (55') (S3) | BODY BALANCE (45') (S3) | RUNNING (45') (SO) | BODY COMBAT 3 (45') (S3) | CNPAIDE (30') (P) | | | 20:00 |
| 20:00 | RUNNING (45') (SO) | | | | CICLO VIRTUAL (45') (SC) | | | 20:00 |
| 20:15 | CNPAIDE (30') (P) | CNPAIDE (30') (P) | CNPAIDE (30') (P) | ENTRENAMIENTO (30') (P) | | | | 20:15 |
| 20:15 | ABDOMINALES (15') (S1) | GAP (30') (S1) | ABDOMINALES (15') (S1) | ABDOMINALES (15') (S1) | | | | 20:15 |
| 20:30 | PAIDE FUNCIONAL (45') (S1) | CICLO VIRTUAL (45') (SC) | PILATES (45') (S3) | CICLO VIRTUAL (45') (SC) | | | | 20:30 |
| 20:30 | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | | | | | 20:30 |
| 20:45 | AQUAPAIDE (30') (P) | AQUADYNAMIC (30') (P) | AQUAPAIDE (30') (P) | CNPAIDE (30') (P) | | | | 20:45 |
| 21:00 | | | | | CICLO VIRTUAL (45') (SC) | | | 21:00 |

LEYENDA SALAS

P: PISCINA
S1: SALA 1
S3: SALA 3
SC: SALA CICLO
SO: SALA OUTDOOR

TIPO ACTIVIDAD

| | |
|--------------|--|
| ACUÁTICAS | |
| BAILE | |
| CARDIO | |
| CARDIO-TONO | |
| CUERPO-MENTE | |
| TONO | |
| VIRTUALES | |

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota