

Hora de Inicio	PAIDESPORT CENTER						PARQUESUR		DEL 12 ABRIL 2021 AL 30 ABRIL 2021		Hora de Inicio
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO				
MAÑANA (de 9h a 12h)											
9:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	YOGA (45') (S3)						9:15
9:30	CNPAIDE (30') (P)	AQUAPAIDE (30') (P)	CNPAIDE (30') (P)	AQUAPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)						9:30
9:30	GAP (30') (S1)		GAP (30') (S1)								9:30
9:30	CICLO VIRTUAL (45') (SC)		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') (S3)	BODY PUMP (45') (S3)	ZUMBA (45') (S3)		ZUMBA (45') (S3)						10:00
10:15		BODY COMBAT (45') (S1)		BODY PUMP (45') (S3)	BODY COMBAT (45') (S1)						10:15
10:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							10:15
10:30	CICLO (45') (SC)		CICLO (45') (SC)		CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)			10:30
11:00		INTERVAL ACUÁTICO (45') (P)				BODY PUMP (45') (S3)	AQUADYNAMIC (45') (P)				11:00
11:00		BODY BALANCE (45') (S3)					BODY PUMP (45') (S3)				11:00
11:15	PILATES (45') (S3)	CICLO (45') (SC)		CICLO (45') (SC)							11:15
11:30	RECUP. ESPALDA (30') (P)		CNPAIDE (30') (P)	ENTRENAMIENTO (30') (P)	PAIDE TOTAL (45') (S1)	CICLO (45') (SC)	CICLO (45') (SC)				11:30
11:30	CICLO VIRTUAL (45') (SC)		PAIDE FUNCIONAL (45') (S1)		CICLO VIRTUAL (45') (SC)						11:30
11:30			CICLO VIRTUAL (45') (SC)								11:30
11:45							CNPAIDE (30') (P)				11:45
MEDIODÍA (de 12h a 17h)											
12:00	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (P)	GAP (30') (S1)	BODY COMBAT 3 (45') (S3)				12:00
12:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			AQUAPAIDE (45') (P)				12:15
12:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				12:30
12:45						PILATES (45') (S3)					12:45
13:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							13:15
13:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				13:30
14:30	AQUAPAIDE (30') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (30') (P)	AQUADYNAMIC (45') (P)	CNPAIDE (30') (P)						14:30
14:30	CICLO (45') (SC)	BODY PUMP (45') (S3)	CICLO (45') (SC)	BODY BALANCE (45') (S3)	CICLO (45') (SC)						14:30
14:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)							14:30
15:00	CNPAIDE (30') (P)		CNPAIDE (30') (P)								15:00
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)											
17:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						17:30
18:00	BODY PUMP (45') (S3)	PILATES (45') (S3)	ZUMBA (45') (S1)	PILATES (45') (S3)	BODY COMBAT (45') (S1)						18:00
18:15	BODY BALANCE (45') (S1)	BODY COMBAT (45') (S1)	BODY PUMP (45') (S3)	PAIDE TOTAL (45') (S1)							18:15
18:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO (45') (SC)								18:30
18:45				CICLO (45') (SC)	BODY PUMP (45') (S3)						18:45
18:45					CICLO (45') (SC)						18:45
19:00	ZUMBA (45') (S3)	BODY PUMP (45') (S3)	BODY COMBAT (45') (S1)	BODY PUMP (45') (S3)	ZUMBA (45') (S1)						19:00
19:15	BODY COMBAT (45') (S1)	ZUMBA (45') (S1)	GAP 3 (30') (S3)	ZUMBA (45') (S1)							19:15
19:30	CICLO (45') (SC)	AQUAPAIDE (45') (P)	CICLO (45') (SC)	AQUAPAIDE (45') (P)							19:30
19:30		CICLO (45') (SC)									19:30
19:45	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	CICLO (45') (SC)	CNPAIDE (30') (P)						19:45
19:45					CICLO VIRTUAL (45') (SC)						19:45
20:00	BODY PUMP (45') (S3)	YOGA (45') (S3)	BODY BALANCE (45') (S3)	BODY COMBAT 3 (45') (S3)							20:00
20:00	RUNNING (45') (SO)		RUNNING (45') (SO)								20:00
20:15		CNPAIDE (30') (P)		ENTRENAMIENTO (30') (P)	AQUADYNAMIC (30') (P)						20:15
20:30	CNPAIDE (30') (P)	CICLO VIRTUAL (45') (SC)	CNPAIDE (30') (P)								20:30
20:30	PAIDE FUNCIONAL (45') (S1)		PAIDE FUNCIONAL (45') (S1)								20:30
20:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)								20:30
20:45		AQUADYNAMIC (30') (P)		INTERVAL ACUÁTICO (30') (P)	CICLO VIRTUAL (45') (SC)						20:45
20:45				CICLO VIRTUAL (45') (SC)							20:45
21:00	AQUAPAIDE (30') (P)		AQUAPAIDE (30') (P)								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