


Hora de Inicio	 PARQUESUR DEL 1 JUNIO 2022 AL 30 JUNIO 2022							Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	
MAÑANA (de 9h a 12h)								
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)		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)	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)		10:30
11:00		INTERVAL ACUÁTICO (45 ') (P)		CICLO (45 ') (SC)				11:00
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	PILATES (45 ') (S3)	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 (45 ') (S1)	12:00
12:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				12:00
12:15							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
13:00		CICLO VIRTUAL (45 ') (SC)		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)	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)	PAIDE FUNCIONAL (45 ') (S1)			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)	BODY PUMP (45 ') (S3)	PILATES (45 ') (S3)	BODY COMBAT (45 ') (S1)			18:00
18:15	BODY BALANCE (45 ') (S1)	BODY COMBAT (45 ') (S1)	ZUMBA (45 ') (S1)	PAIDE TOTAL (45 ') (S1)				18:15
18:30	CICLO (45 ') (SC)	CICLO (45 ') (SC)	CICLO (45 ') (SC)					18:30
18:45				CICLO (45 ') (SC)	CICLO (45 ') (SC)			18:45
19:00	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)		BODY PUMP (45 ') (S3)	ZUMBA (45 ') (S1)			19:00
19:00					BODY PUMP (45 ') (S3)			19:00
19:15	BODY COMBAT (45 ') (S1)	ZUMBA (45 ') (S1)	BODY COMBAT (45 ') (S1)	ZUMBA (45 ') (S1)				19:15
19:15			GAP 3 (30 ') (S3)					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)	BODY BALANCE (45 ') (S3)	RUNNING (45 ') (SO)	BODY COMBAT 3 (45 ') (S3)				20:00
20:00	RUNNING (60 ') (SO)							20:00
20:15		CNPAIDE (30 ') (P)		ENTRENAMIENTO (30 ') (P)	AQUADYNAMIC (30 ') (P)			20:15
20:15		GAP (30 ') (S1)						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

(!!): Actividad fuera de cuota

También puede consultar los horarios en Paidesportcenter.com