

Hora de Inicio	PARQUESUR						DEL 1 ABRIL 2024 AL 30 ABRIL 2024		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)		WATERPOLO (30') (P)			9:30
9:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)			YOGA (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)	ABDOMINALES (15') (S1)	11:15
11:30	RECUP. ESPALDA (30') (P)		CNPAIDE (30') (P)	ENTRENAMIENTO (30') (P)	PAIDE FUNCIONAL (45') (S1)	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								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 3 (30') (S3)		BODY COMBAT 3 (45') (S3)	12:00
12:00		ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)					12:00
12:15							ABDOMINALES (15') (S1)	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)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	12:30
12:45							PILATES (45') (S3)		12:45
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	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)	CICLO VIRTUAL (45') (SC)				14:30
15:00	CNPAIDE (30') (P)		CNPAIDE (30') (P)						15:00
15:15	ABDOMINALES (15') (S1)		ABDOMINALES (15') (S1)						15:15
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 BALANCE (45') (S1)	PILATES (45') (S3)	ZUMBA (45') (S1)	PILATES (45') (S3)	BODY COMBAT (45') (S1)				18:00
18:00	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)	CICLO (45') (SC)						18:30
19:00	ZUMBA (45') (S3)	BODY PUMP (45') (S3)		ZUMBA (45') (S1)	ZUMBA (45') (S1)				19:00
19:00				BODY PUMP (45') (S3)	BODY PUMP (45') (S3)				19:00
19:00					CICLO (45') (SC)				19:00
19:15	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S1)	ABDOMINALES (15') (S1)						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)	BODY COMBAT (45') (S1)	CICLO (45') (SC)					19:30
19:30	CICLO (45') (SC)	CICLO (45') (SC)	GAP 3 (30') (S3)						19:30
19:30			CICLO (45') (SC)						19:30
19:45					ABDOMINALES (15') (S1)				19:45
20:00	BODY PUMP (60') (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)	PAIDE FUNCIONAL (45') (S1)	CICLO VIRTUAL (45') (SC)					20:30
20:30	CICLO VIRTUAL (45') (SC)		YOGA (45') (S3)						20:30
20:30			CICLO VIRTUAL (45') (SC)						20:30
20:45	AQUAPAIDE (30') (P)	AQUADYNAMIC (30') (P)	AQUAPAIDE (30') (P)	INTERVAL ACUÁTICO (45') (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