PARQUESUR

DEL 1 NOVIEMBRE 2021 AL 30 NOVIEMBRE 2021

PAIDESPORT CENTER

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	Hora de Inicio
MAÑANA (de 9h a 12h)								
9:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				9:00
9:15					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)	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
11:00		INTERVAL ACUÁTICO (45 ') (P)		CICLO (45 ') (SC)		BODY PUMP (45 ') (S3)	AQUADYNAMIC (45 ') (P)	11:00
11:00		BODY BALANCE (45 ') (S3)					BODY PUMP (45 ') (S3)	11:00
11:00		CICLO (45 ') (SC)						11:00
11:15	PILATES (45 ') (S1)							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
12:00		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)	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)	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)	BODY PUMP (45 ') (S3)			18:45
18:45					CICLO (45 ') (SC)			18:45
19:00	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)		BODY PUMP (45 ') (S3)	ZUMBA (45 ') (S1)			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)	YOGA (45 ') (S3)	BODY BALANCE (45 ') (S3)	BODY COMBAT 3 (45 ') (S3)				20:00
20:00	RUNNING (60 ') (SO)		RUNNING (45 ') (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
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TIPO ACTIVIDAD

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

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota