

Hora de Inicio	 <b>PARQUESUR</b>						DEL 1 AGOSTO 2021 AL 31 AGOSTO 2021		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
9:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					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)		BODY COMBAT (45') (S1)						9:30
9:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						9:30
10:00	AQUAPAIDE (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)				10:00
10:15		CICLO VIRTUAL (45') (SC)		BODY PUMP (45') (S3)		CICLO (45') (SC)	CICLO (45') (SC)		10:15
10:15				CICLO VIRTUAL (45') (SC)					10:15
10:30	CICLO (45') (SC)		CICLO (45') (SC)		CICLO (45') (SC)				10:30
11:15		CICLO (45') (SC)		CICLO (45') (SC)			BODY PUMP (45') (S3)	BODY PUMP (45') (S3)	11:15
11:15							CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	11:15
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)				12:00
12:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		PILATES (45') (S3)	AQUADYNAMIC (45') (P)		12:15
12:15						CICLO VIRTUAL (45') (SC)	BODY COMBAT 3 (45') (S3)		12:15
12:15							CICLO VIRTUAL (45') (SC)		12:15
12:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				12:30
13:15		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		13:15
13:30	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)				13:30
14:30	AQUAPAIDE (45') (P)	AQUADYNAMIC (45') (P)	AQUAPAIDE (45') (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 VIRTUAL (45') (SC)				14:30
14:30		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)					14:30
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)				17:30
17:45				CICLO VIRTUAL (45') (SC)					17:45
18:00	BODY PUMP (45') (S3)	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		BODY COMBAT (45') (S1)							18:15
18:30	CICLO (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)						18:30
19:00	ZUMBA (45') (S3)	BODY PUMP (45') (S3)	BODY COMBAT (45') (S1)	BODY PUMP (45') (S3)	BODY PUMP (45') (S3)				19:00
19:00				CICLO (45') (SC)	CICLO (45') (SC)				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)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)	AQUAPAIDE (45') (P)	CNPAIDE (30') (P)				19:30
19:30		CICLO (45') (SC)							19:30
19:45	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)						19:45
20:00	BODY PUMP (45') (S3)	BODY BALANCE (45') (S3)		BODY COMBAT 3 (45') (S3)	AQUADYNAMIC (30') (P)				20:00
20:00				CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				20:00
20:15		CNPAIDE (30') (P)		ENTRENAMIENTO (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)							20:45
21:00	AQUAPAIDE (30') (P)			CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				21:00

**LEYENDA SALAS**

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

**TIPO ACTIVIDAD**

ACUÁTICAS  
BAILE  
CARDIO  
CARDIO-TONO  
CUERPO-MENTE  
TONO  
VIRTUALES

(!!): Actividad fuera de cuota

También puede consultar los horarios en [Paidesportcenter.com](http://Paidesportcenter.com)