


Hora de Inicio	 <b>ZARAGOZA</b>						DEL 1 ENERO 2019 AL 31 ENERO 2019		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
8:45	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				8:45
9:30			AQUADYNAMIC (45') (P)						9:30
10:00	ZUMBA (60') (S2)	AQUADYNAMIC (45') (P)		AQUADYNAMIC (45') (P)	AQUADYNAMIC (45') (P)				10:00
10:00	PAIDE CROSS (30') (S3)	BODY COMBAT (60') (S2)		BODY PUMP (60') (S2)					10:00
10:15							CICLO (45') (SC)		10:15
10:30	CICLO VIRTUAL (45') (SC)		CICLO (45') (SC)						10:30
11:00	BODY BALANCE (60') (S2)	BODY PUMP (60') (S2)	ZUMBA (60') (S2)	PILATES (60') (S2)	CICLO (45') (SC)			CICLO (45') (SC)	11:00
11:00		CICLO (45') (SC)							11:00
11:15			ABDOMINALES (15') (S3)					CICLO (45') (SC)	11:15
11:45		ABDOMINALES (15') (S3)				ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)	11:45
MEDIODÍA (de 12h a 17h)									
12:00							ABDOMINALES (15') (S3)		12:00
12:15							PAIDE FUNCIONAL (60') (S2)		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)	12:30
14:00	BODY COMBAT (60') (S2)	AQUADYNAMIC (45') (P)	BODY BALANCE (60') (S2)	CNPAIDE (45') (P)	ZUMBA (60') (S2)				14:00
14:00	CICLO (45') (SC)	BODY PUMP (60') (S2)	CICLO (45') (SC)	BODY PUMP (60') (S2)	CICLO (45') (SC)				14:00
14:45	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)				14:45
16:30	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)				16:30
16:45					AQUADYNAMIC (45') (P)				16:45
TARDE (de 17h al cierre)									
17:00	PAIDE CORE (30') (S2)		PAIDE CORE (30') (S2)						17:00
17:15							PAIDE CORE (30') (S2)		17:15
17:30	ZUMBA (60') (S2)	BODY BALANCE (60') (S2)	PILATES (60') (S2)	BODY PUMP (60') (S2)					17:30
17:45							BODY PUMP (60') (S2)		17:45
18:00	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)				18:00
18:15		AQUADYNAMIC (45') (P)							18:15
18:30	BODY COMBAT (60') (S2)	PAIDE FUNCIONAL (60') (S2)	GAP (60') (S2)	ZUMBA (60') (S2)					18:30
18:45	ESTIRATE (15') (S3)		ABDOMINALES (15') (S3)				ZUMBA (60') (S2)		18:45
18:45							ABDOMINALES (15') (S3)		18:45
19:00		CICLO (45') (SC)			CICLO (45') (SC)				19:00
19:15	CICLO (45') (SC)		CICLO (45') (SC)				PAIDE CROSS (30') (S3)		19:15
19:30	AQUADYNAMIC (45') (P)	ZUMBA (60') (S2)	BODY COMBAT (60') (S2)	BODY BALANCE (60') (S2)					19:30
19:30	PILATES (60') (S2)								19:30
19:30	PAIDE CROSS (30') (S3)								19:30
19:45		ABDOMINALES (15') (S3)			ABDOMINALES (15') (S3)				19:45
20:00	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)	AQUADYNAMIC (45') (P)	CICLO (45') (SC)				20:00
20:15		CICLO (45') (SC)	CNPAIDE (45') (P)	CICLO (45') (SC)					20:15
20:30	CNPAIDE (45') (P)	GAP (60') (S2)	BODY PUMP (60') (S2)	PAIDE FUNCIONAL (60') (S2)					20:30
20:30	BODY PUMP (60') (S2)		CICLO VIRTUAL (45') (SC)						20:30
20:30	CICLO (45') (SC)								20:30
20:45							ABDOMINALES (15') (S3)		20:45
21:00		ABDOMINALES (15') (S3)							21:00
21:15	ABDOMINALES (15') (S3)			ABDOMINALES (15') (S3)					21:15

**LEYENDA SALAS**

P: PISCINA  
S2: SALA 2  
S3: SALA 3  
SC: SALA CICLO

**TIPO ACTIVIDAD**

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

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

(!!): Actividad fuera de cuota