

Hora de Inicio	PAIDESPORT CENTER							FUENLABRADA	DEL 1 JULIO 2025 AL 31 JULIO 2025							Hora de Inicio
	LUNES		MARTES		MIERCOLES		JUEVES		VIERNES		SABADO		DOMINGO			
MAÑANA (de 9h a 12h)																
9:15	CICLO (45 ') (SC)		PILATES (45 ') (S3)		CICLO (45 ') (SC)		PAIDE SALUD (45 ') (S3)		CICLO (45 ') (SC)						9:15	
9:15			CICLO VIRTUAL (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)								9:15	
9:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)						9:30	
10:15	BODY PUMP (45 ') (S3)		BODY COMBAT (45 ') (S3)		BODY PUMP (45 ') (S3)		PILATES (45 ') (S3)		BODY COMBAT (45 ') (S3)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		10:15	
10:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						10:15	
10:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		BODY PUMP (45 ') (S3)		CICLO (45 ') (SC)		10:30	
10:30											CICLO VIRTUAL (45 ') (SC)				10:30	
11:15	ZUMBA (45 ') (S3)		YOGA 3 (45 ') (S3)		ZUMBA (45 ') (S3)		CICLO VIRTUAL (45 ') (SC)		BODY BALANCE (45 ') (S3)		WALKING VIRTUAL (35 ') (ZIW)		ABDOMINALES (15 ') (S3)		11:15	
11:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)				CICLO VIRTUAL (45 ') (SC)				WALKING VIRTUAL (35 ') (ZIW)		11:15	
11:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		CICLO (45 ') (SC)		BODY BALANCE (45 ') (S3)		11:30	
11:30													CICLO VIRTUAL (45 ') (SC)		11:30	
MEDIODÍA (de 12h a 17h)																
12:15	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		ABDOMINALES (15 ') (S3)		WALKING VIRTUAL (35 ') (ZIW)		12:15	
12:15											WALKING VIRTUAL (35 ') (ZIW)				12:15	
12:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		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)		CICLO VIRTUAL (45 ') (SC)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		13:15	
13:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		13:30	
14:15											WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		14:15	
14:30	CICLO (45 ') (SC)		BODY PUMP (45 ') (S3)		PAIDE FUNCIONAL (45 ') (S3)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						14:30	
14:30	WALKING VIRTUAL (35 ') (ZIW)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)						14:30	
14:30			WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)										14:30	
15:15	ABDOMINALES (15 ') (S3)														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	
15:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)						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	
16:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)						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	
17:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)						17:30	
18:00															18:00	
18:00									YOGA 1 (45 ') (S1)						18:00	
18:00									BODY PUMP (45 ') (S3)						18:00	
18:15	PILATES (45 ') (S3)		BODY BALANCE (45 ') (S1)		GAP (45 ') (S1)		HIPOPRESIVOS (45 ') (S1)								18:15	
18:15			BODY PUMP (45 ') (S3)		PILATES (45 ') (S3)		BODY PUMP (45 ') (S3)								18:15	
18:30	CICLO (45 ') (SC)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)						18:30	
18:30	WALKING VIRTUAL (35 ') (ZIW)														18:30	
19:00			CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)		CICLO (45 ') (SC)						19:00	
19:15	BODY COMBAT (45 ') (S3)		ZUMBA (45 ') (S3)		BODY PUMP (45 ') (S3)		ZUMBA (45 ') (S3)								19:15	
19:30	GAP (45 ') (S1)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)						19:30	
19:30	CICLO VIRTUAL (45 ') (SC)														19:30	
19:30	WALKING VIRTUAL (35 ') (ZIW)														19:30	
19:45			ABDOMINALES (15 ') (S1)				ABDOMINALES (15 ') (S1)		ABDOMINALES (15 ') (S3)						19:45	
20:00			CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						20:00	
20:15	BODY PUMP (45 ') (S3)		PILATES (45 ') (S3)		BODY BALANCE (45 ') (S3)		BODY COMBAT (45 ') (S3)								20:15	
20:30	CICLO VIRTUAL (45 ') (SC)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)						20:30	
20:30	WALKING VIRTUAL (35 ') (ZIW)														20:30	
21:00					CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)						21:00	
21:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)						21:30	
También puede consultar los horarios en Paidesportcenter.com																
(!): Actividad fuera de cuota																

LEYENDA SALAS

S1: SALA 1
S3: SALA 3
SC: SALA CICLO
ZIW: ZONA IND. WALKING
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TIPO ACTIVIDAD

ACUÁTICAS

BAILE

CARDIO

CARDIO-TONO

CUERPO-MENTE

TONO

VIRTUALES