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|----------------|--------------|---------------|--------------------|---------------|----------------|---------------|--|--|----------------|
| Hora de Inicio | | | FUENLABRADA | | | | DEL 1 SEPTIEMBRE 2023 AL 30 SEPTIEMBRE 2023 | | 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)

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|-------|-------------------------------|-----------------------------|-------------------------------|-----------------------------------|-----------------------------|-------------------------------|-----------------------------|-------|
| 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) | CICLO (45') (SC) | PAIDE FUNCIONAL (45') (S3) | CICLO VIRTUAL (45') (SC) | | | 14:30 |
| 14:30 | WALKING VIRTUAL (35') (ZIW) | CICLO VIRTUAL (45') (SC) | WALKING VIRTUAL (35') (ZIW) | CICLO VIRTUAL (45') (SC) | WALKING VIRTUAL (35') (ZIW) | | | 14:30 |
| 14:30 | | WALKING VIRTUAL (35') (ZIW) | | WALKING VIRTUAL (35') (ZIW) | | | | 14:30 |
| 15:15 | ABDOMINALES (15') (S3) | | ABDOMINALES (15') (S3) | | | | | 15:15 |
| 15:30 | WALKING VIRTUAL (35') (ZIW) | WALKING VIRTUAL (35') (ZIW) | WALKING VIRTUAL (35') (ZIW) | WALKING VIRTUAL (35') (ZIW) | WALKING VIRTUAL (35') (ZIW) | | | 15:30 |
| 16:00 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | | | 16:00 |
| 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)

| | | | | | | | | |
|-------|-------------------------------|-----------------------------------|--------------------------------|-------------------------------|-------------------------------|--|--|-------|
| 17:00 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | | | 17:00 |
| 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 | | CICLO VIRTUAL (45') (SC) | | CICLO VIRTUAL (45') (SC) | YOGA 1 (45') (S1) | | | 18:00 |
| 18:00 | | | | | BODY PUMP (45') (S3) | | | 18:00 |
| 18:15 | PILATES (45') (S1) | BODY BALANCE (45') (S1) | HIPOPRESIVOS (45') (S3) | PILATES (45') (S1) | | | | 18:15 |
| 18:15 | ZUMBA (45') (S3) | BODY PUMP (45') (S3) | | BODY PUMP (45') (S3) | | | | 18:15 |
| 18:30 | CICLO (45') (SC) | WALKING VIRTUAL (35') (ZIW) | CICLO (45') (SC) | WALKING VIRTUAL (35') (ZIW) | WALKING VIRTUAL (35') (ZIW) | | | 18:30 |
| 18:30 | WALKING VIRTUAL (35') (ZIW) | | WALKING VIRTUAL (35') (ZIW) | | | | | 18:30 |
| 18:45 | | | | | CICLO (45') (SC) | | | 18:45 |
| 19:00 | | CICLO (45') (SC) | | CICLO (45') (SC) | | | | 19:00 |
| 19:15 | ABDOMINALES (15') (S1) | PAIDE TOTAL (45') (S1) | BODY PUMP (45') (S3) | ZUMBA (45') (S3) | | | | 19:15 |
| 19:15 | BODY COMBAT (45') (S3) | ZUMBA (45') (S3) | | | | | | 19:15 |
| 19:30 | CICLO (45') (SC) | WALKING VIRTUAL (35') (ZIW) | CICLO (45') (SC) | WALKING VIRTUAL (35') (ZIW) | ABDOMINALES (15') (S3) | | | 19:30 |
| 19:30 | WALKING VIRTUAL (35') (ZIW) | | WALKING VIRTUAL (35') (ZIW) | | WALKING VIRTUAL (35') (ZIW) | | | 19:30 |
| 19:45 | | | | ABDOMINALES (15') (S1) | | | | 19:45 |
| 20:00 | | PILATES (45') (S1) | | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | | | 20:00 |
| 20:00 | | CICLO VIRTUAL (45') (SC) | | | | | | 20:00 |
| 20:15 | BODY PUMP (45') (S3) | PAIDE FUNCIONAL (45') (S3) | BODY BALANCE (45') (S3) | BODY COMBAT (45') (S3) | | | | 20:15 |
| 20:30 | CICLO VIRTUAL (45') (SC) | WALKING VIRTUAL (35') (ZIW) | CICLO VIRTUAL (45') (SC) | WALKING VIRTUAL (35') (ZIW) | WALKING VIRTUAL (35') (ZIW) | | | 20:30 |
| 20:30 | WALKING VIRTUAL (35') (ZIW) | | 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 |

LEYENDA SALAS

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

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Paidesportcenter.com (!!): Actividad fuera de cuota