

Hora de Inicio	PAIDESPORT CENTER							FUENLABRADA		DEL 1 JULIO 2021 AL 31 JULIO 2021		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)	CICLO VIRTUAL (45') (SC)	CICLO (45') (SC)						9:15	
9:15		CICLO VIRTUAL (45') (SC)									9:15	
9:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						9:30	
10:00						ABDOMINALES (15') (S1)					10:00	
10:15	BODY PUMP (45') (S3)	BODY COMBAT (45') (S3)	BODY PUMP (45') (S3)	PILATES (45') (S3)	BODY COMBAT (45') (S3)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (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 (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (45') (S3)					10:30	
10:30						CICLO VIRTUAL (45') (SC)					10:30	
11:00							CICLO (45') (SC)				11:00	
11:15	ZUMBA (45') (S3)	CICLO VIRTUAL (45') (SC)	ZUMBA (45') (S3)	CICLO VIRTUAL (45') (SC)	BODY BALANCE (45') (S3)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				11:15	
11:15	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						11:15	
11:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	YOGA 3 (45') (S3)	WALKING VIRTUAL (30') (ZIW)	CICLO (45') (SC)					11:30	
11:30				WALKING VIRTUAL (30') (ZIW)							11:30	
11:45							ABDOMINALES (15') (S1)				11:45	
MEDIODÍA (de 12h a 17h)												
12:00						BODY BALANCE (45') (S3)					12:00	
12:00						CICLO VIRTUAL (45') (SC)					12:00	
12:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	ABDOMINALES (15') (S1)	WALKING VIRTUAL (30') (ZIW)				12:15	
12:15						WALKING VIRTUAL (30') (ZIW)					12:15	
12:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)					12:30	
13:00							CICLO VIRTUAL (45') (SC)				13:00	
13:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				13:15	
13:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)					13:30	
14:15						WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				14:15	
14:30	CICLO (45') (SC)	BODY PUMP (45') (S3)	CICLO (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						14:30	
14:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						14:30	
14:30		WALKING VIRTUAL (30') (ZIW)									14:30	
15:15	ABDOMINALES (15') (S3)		ABDOMINALES (15') (S3)								15:15	
15:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (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 (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (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 (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						17:30	
18:00	CICLO VIRTUAL (45') (SC)	BODY BALANCE (45') (S1)		CICLO VIRTUAL (45') (SC)	YOGA 1 (45') (S1)						18:00	
18:00		CICLO VIRTUAL (45') (SC)			BODY PUMP (45') (S3)						18:00	
18:15	PILATES (45') (S3)	BODY PUMP (45') (S3)	PILATES (45') (S3)	PILATES (45') (S1)							18:15	
18:15				BODY PUMP (45') (S3)							18:15	
18:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						18:30	
18:30			WALKING VIRTUAL (30') (ZIW)								18:30	
18:45						CICLO (45') (SC)					18:45	
19:00	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	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	CICLO (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						19:30	
19:30			WALKING VIRTUAL (30') (ZIW)								19:30	
20:00	CICLO (45') (SC)	CICLO (45') (SC)		CICLO VIRTUAL (45') (SC)	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	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						20:30	
21:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						21:00	
21:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (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	

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(!!): Actividad fuera de cuota