

Hora de Inicio			<b>FUENLABRADA</b>				<b>DEL 1 SEPTIEMBRE 2022 AL 30 SEPTIEMBRE 2022</b>		Hora de Inicio
	<b>LUNES</b>	<b>MARTES</b>	<b>MIERCOLES</b>	<b>JUEVES</b>	<b>VIERNES</b>	<b>SABADO</b>	<b>DOMINGO</b>		

**MAÑANA (de 9h a 12h)**

9:15	<b>CICLO (45') (SC)</b>	<b>PILATES (45') (S3)</b>	<b>CICLO (45') (SC)</b>	<b>PAIDE SALUD (45') (S3)</b>	<b>CICLO (45') (SC)</b>			9:15
9:15		CICLO VIRTUAL (45') (SC)		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
10:15	<b>BODY PUMP (45') (S3)</b>	<b>BODY COMBAT (45') (S3)</b>	<b>BODY PUMP (45') (S3)</b>	<b>PILATES (45') (S3)</b>	<b>BODY COMBAT (45') (S3)</b>	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)	<b>BODY PUMP (45') (S3)</b>	<b>CICLO (45') (SC)</b>	10:30
10:30						CICLO VIRTUAL (45') (SC)		10:30
11:15	<b>ZUMBA (45') (S3)</b>	<b>YOGA 3 (45') (S3)</b>	<b>ZUMBA (45') (S3)</b>	CICLO VIRTUAL (45') (SC)	<b>BODY BALANCE (45') (S3)</b>	WALKING VIRTUAL (30') (ZIW)	<b>ABDOMINALES (15') (S3)</b>	11:15
11:15	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		WALKING VIRTUAL (30') (ZIW)	11:15
11:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	<b>CICLO (45') (SC)</b>	<b>BODY BALANCE (45') (S3)</b>	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)	<b>ABDOMINALES (15') (S3)</b>	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)	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 (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)	CICLO VIRTUAL (45') (SC)	13:30
14:15						WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	14:15
14:30	<b>CICLO (45') (SC)</b>	<b>BODY PUMP (45') (S3)</b>	<b>CICLO (45') (SC)</b>	<b>PAIDE FUNCIONAL (45') (S3)</b>	CICLO VIRTUAL (45') (SC)			14:30
14:30	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)			14:30
14:30		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)				14:30
15:15	<b>ABDOMINALES (15') (S3)</b>		<b>ABDOMINALES (15') (S3)</b>					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)	<b>YOGA 1 (45') (S1)</b>			18:00
18:00					<b>BODY PUMP (45') (S3)</b>			18:00
18:15	<b>PILATES (45') (S1)</b>	<b>BODY BALANCE (45') (S1)</b>	<b>PILATES (45') (S3)</b>	<b>PILATES (45') (S1)</b>				18:15
18:15	<b>ZUMBA (45') (S3)</b>	<b>BODY PUMP (45') (S3)</b>		<b>BODY PUMP (45') (S3)</b>				18:15
18:30	<b>CICLO (45') (SC)</b>	WALKING VIRTUAL (30') (ZIW)	<b>CICLO (45') (SC)</b>	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			18:30
18:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)					18:30
18:45					<b>CICLO (45') (SC)</b>			18:45
19:00		<b>CICLO (45') (SC)</b>		<b>CICLO (45') (SC)</b>				19:00
19:15	<b>ABDOMINALES (15') (S1)</b>	<b>PAIDE TOTAL (45') (S1)</b>	<b>BODY PUMP (45') (S3)</b>	<b>ZUMBA (45') (S3)</b>				19:15
19:15	<b>BODY COMBAT (45') (S3)</b>	<b>ZUMBA (45') (S3)</b>						19:15
19:30	<b>CICLO (45') (SC)</b>	WALKING VIRTUAL (30') (ZIW)	<b>CICLO (45') (SC)</b>	WALKING VIRTUAL (30') (ZIW)	<b>ABDOMINALES (15') (S3)</b>			19:30
19:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)			19:30
19:45					<b>ABDOMINALES (15') (S1)</b>			19:45
20:00		<b>CICLO (45') (SC)</b>		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			20:00
20:15	<b>BODY PUMP (45') (S3)</b>	<b>PAIDE FUNCIONAL (45') (S3)</b>	<b>BODY BALANCE (45') (S3)</b>	<b>BODY COMBAT (45') (S3)</b>				20:15
20:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			20:30
20:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)					20:30
21:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			21:00
21:30	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	CICLO VIRTUAL (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)			21:30
21:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)					21:30

<b>LEYENDA SALAS</b>	
S1: SALA 1	
S3: SALA 3	
SC: SALA CICLO	
ZIW: ZONA IND. WALKING	
:	
:	
<b>TIPO ACTIVIDAD</b>	
ACUÁTICAS	
BAILE	
CARDIO	
CARDIO-TONO	
CUERPO-MENTE	
TONO	
VIRTUALES	

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(!!): Actividad fuera de cuota