


Hora de Inicio	 FUENLABRADA						DEL 1 JUNIO 2021 AL 30 JUNIO 2021		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO		
MAÑANA (de 9h a 12h)									
9:15	CICLO (45') (SC)	PILATES (45') (S1)	CICLO (45') (SC)	PAIDE TOTAL (45') (S1)	CICLO (45') (SC)				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
10:00					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') (S3)	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)	BODY PUMP (45') (S3)	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	ABDOMINALES (15') (S3)		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	PILATES (45') (S1)	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	YOGA 1 (45') (S1)				18:00
18:00					CICLO VIRTUAL (45') (SC)				18:00
18:15	ZUMBA (45') (S3)	BODY PUMP (45') (S3)	PILATES (45') (S3)	BODY PUMP (45') (S3)	BODY PUMP (45') (S3)				18:15
18:30	CICLO (45') (SC)	BODY BALANCE (45') (S1)	CICLO (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				18:30
18:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						18:30
19:00		CICLO (45') (SC)		PILATES (45') (S1)	CICLO (45') (SC)				19:00
19:00				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	CICLO (45') (SC)	PAIDE TOTAL (45') (S1)	CICLO (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				19:30
19:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						19:30
19:45					ABDOMINALES (15') (S1)				19:45
20:00		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	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

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