FUENLABRADA

DEL 1 SEPTIEMBRE 2025 AL 30 SEPTIEMBRE 2025

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	Hora de Inicio
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)	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	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)			15:30
15:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				15:30
16:00					CICLO VIRTUAL (45 ') (SC)			16:00
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)			16:30
16:30	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)			17:00
17:15	PILATES (45 ') (S3)							17:15
17:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)			17:30
17:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				17:30
18:00				GAP (30 ') (S1)	YOGA 1 (45 ') (S1)			18:00
18:00					BODY PUMP (45 ') (S3)			18:00
18:00					CICLO VIRTUAL (45 ') (SC)			18:00
18:15	PILATES (45 ') (S1)	BODY BALANCE (45 ') (S1)	PILATES (45 ') (S3)	BODY PUMP (45 ') (S3)				18:15
18:15	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)						18:15
18:30	CICLO (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO (45 ') (SC)	HIPOPRESIVOS (30 ') (S1)	WALKING VIRTUAL (35 ') (ZIW)			18:30
18:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				18:30
19:00		CICLO (45 ') (SC)		CICLO (45 ') (SC)	CICLO (45 ') (SC)			19:00
19:15	ABDOMINALES (15 ') (S1)	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)	ZUMBA (45 ') (S3)				19:15
19:15	BODY COMBAT (45 ') (S3)							19:15
19:30	GAP (45 ') (S1)	WALKING VIRTUAL (35 ') (ZIW)	HIPOPRESIVOS (45 ') (S1)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			19:30
19:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					19:30
19:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)					19:30
19:45				ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S3)			19:45
20:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			20:00
20:15	BODY PUMP (45 ') (S3)	PILATES (45 ') (S1)	BODY BALANCE (45 ') (S3)	BODY COMBAT (45 ') (S3)				20:15
20:15		BODY PUMP (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	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			21:30
21:30	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
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TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota