

Hora de Inicio	PAIDESPORT CENTER						FUENLABRADA		DEL 1 ABRIL 2019 AL 30 ABRIL 2019		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO				
MAÑANA (de 9h a 12h)											
9:15	CICLO (45') (SC)	PILATES (60') (S1)		CICLO (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)	CICLO (45') (SC)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						9:30
9:30			WALKING VIRTUAL (30') (ZIW)								9:30
10:00				ABDOMINALES (15') (S3)	ABDOMINALES (15') (S3)						10:00
10:15	PAIDE SALUD (60') (S1)	BODY COMBAT (60') (S3)		PILATES (60') (S3)	BODY COMBAT (60') (S3)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				10:15
10:15	BODY PUMP (60') (S3)										10:15
10:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	PAIDE SALUD (60') (S1)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	BODY PUMP (60') (S3)					10:30
10:30			BODY PUMP (60') (S3)								10:30
10:30			WALKING VIRTUAL (30') (ZIW)								10:30
11:00	CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)						11:00
11:15	ZUMBA (60') (S3)	CICLO (45') (SC)		YOGA 3 (60') (S3)		WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)				11:15
11:15				CICLO (45') (SC)							11:15
11:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	ZUMBA (60') (S3)	WALKING VIRTUAL (30') (ZIW)	BODY BALANCE (60') (S3)	ZUMBA (60') (S3)					11:30
11:30			WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)	CICLO (45') (SC)					11:30
11:45							ABDOMINALES (15') (S3)				11:45
MEDIODÍA (de 12h a 17h)											
12:00		BODY BALANCE (60') (S3)		ABDOMINALES (15') (S1)						BODY BALANCE (60') (S3)	12:00
12:00										CICLO VIRTUAL (45') (SC)	12:00
12:15						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)	WALKING VIRTUAL (30') (ZIW)					12:30
13:00	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)						CICLO VIRTUAL (45') (SC)	13:00
13:15										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)					WALKING VIRTUAL (30') (ZIW)	13:30
14:00											14:00
14:15										WALKING VIRTUAL (30') (ZIW)	14:15
14:30	CICLO (45') (SC)	BODY PUMP (60') (S3)	CICLO (45') (SC)	PAIDE FUNCIONAL (60') (S3)	CICLO (45') (SC)						14:30
14:30	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)	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 (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
17:45	ABDOMINALES (15') (S3)										17:45
18:00	PILATES (60') (S1)	BODY BALANCE (60') (S1)		BODY PUMP (60') (S3)	YOGA 1 (60') (S1)						18:00
18:00		BODY PUMP (60') (S3)		CICLO (45') (SC)	BODY PUMP (60') (S3)						18:00
18:00		CICLO (45') (SC)									18:00
18:30	ZUMBA (60') (S3)	WALKING VIRTUAL (30') (ZIW)	PILATES (60') (S3)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						18:30
18:30	CICLO (45') (SC)		CICLO (45') (SC)								18:30
18:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)								18:30
19:00		GAP (30') (S1)		PILATES (60') (S1)	ZUMBA (60') (S3)						19:00
19:00		ZUMBA (60') (S3)		ZUMBA (60') (S3)	CICLO ENDURANCE (75') (SC)						19:00
19:00		CICLO (45') (SC)		CICLO (45') (SC)							19:00
19:15			ABDOMINALES (15') (S1)								19:15
19:30	GAP (30') (S1)	WALKING VIRTUAL (30') (ZIW)	SALSA (60') (S1)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						19:30
19:30	BODY COMBAT (60') (S3)		BODY PUMP (60') (S3)								19:30
19:30	CICLO (45') (SC)		CICLO (45') (SC)								19:30
19:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)								19:30
19:45		ABDOMINALES (15') (S1)									19:45
20:00		PAIDE FUNCIONAL (60') (S3)		BODY BALANCE (60') (S1)							20:00
20:00		CICLO (45') (SC)		BODY COMBAT (60') (S3)							20:00
20:00				CICLO VIRTUAL (45') (SC)							20:00
20:30	BODY PUMP (60') (S3)	WALKING VIRTUAL (30') (ZIW)	GAP (30') (S1)	WALKING VIRTUAL (30') (ZIW)	WALKING VIRTUAL (30') (ZIW)						20:30
20:30	CICLO VIRTUAL (45') (SC)		BODY BALANCE (60') (S3)								20:30
20:30	RUNNING (60') (SO)		CICLO (45') (SC)								20:30
20:30	WALKING VIRTUAL (30') (ZIW)		WALKING VIRTUAL (30') (ZIW)								20:30
20:45		ABDOMINALES (15') (S1)									20:45
21:00		CICLO VIRTUAL (45') (SC)		BODY PUMP (60') (S3)							21:00
21:00				CICLO VIRTUAL (45') (SC)							21:00
21:30	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
SO: SALA OUTDOOR
ZIW: ZONA IND. WALKING

TIPO ACTIVIDAD

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES