

| Hora de Inicio | PAIDESPORT CENTER | | | | | | FUENLABRADA | | DEL 1 FEBRERO 2020 AL 29 FEBRERO 2020 | | Hora de Inicio |
|--------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--|---------------------------------------|-----------------------------|----------------|
| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SABADO | DOMINGO | | | | |
| MAÑANA (de 9h a 12h) | | | | | | | | | | | |
| 9:15 | CICLO (45') (SC) | PILATES (60') (S1) | | 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) | 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) | | | | | | 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) | | | | | | 11:00 |
| 11:15 | ZUMBA (60') (S3) | CICLO (45') (SC) | | CICLO (45') (SC) | | WALKING VIRTUAL (30') (ZIW) | WALKING VIRTUAL (30') (ZIW) | | | | 11:15 |
| 11:15 | CICLO VIRTUAL (45') (SC) | | | | | | | | | | 11:15 |
| 11:30 | WALKING VIRTUAL (30') (ZIW) | WALKING VIRTUAL (30') (ZIW) | ZUMBA (60') (S3) | YOGA 3 (60') (S3) | BODY BALANCE (60') (S3) | ZUMBA (60') (S3) | | | | | 11:30 |
| 11:30 | | | WALKING VIRTUAL (30') (ZIW) | 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 | PAIDE TOTAL (45') (S1) | | | | | | | | 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) | | | CICLO VIRTUAL (45') (SC) | | 12:30 |
| 13:00 | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | CICLO VIRTUAL (45') (SC) | | | | | | | | 13:00 |
| 13:15 | | | | | | | | | 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) | | | | | | 13:30 |
| 14:00 | | CICLO VIRTUAL (45') (SC) | | | CICLO VIRTUAL (45') (SC) | | | | | | 14:00 |
| 14:15 | | | | | | | | | WALKING VIRTUAL (30') (ZIW) | WALKING VIRTUAL (30') (ZIW) | 14:15 |
| 14:30 | CICLO (45') (SC) | BODY PUMP (60') (S3) | CICLO (45') (SC) | PAIDE TOTAL (45') (S1) | 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) | | | | | | 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) | | | | | | | | 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 (60') (S1) | BODY BALANCE (60') (S1) | PAIDE TOTAL (45') (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 | | PAIDE TOTAL (45') (S1) | GAP (30') (S1) | PILATES (60') (S1) | ZUMBA (60') (S3) | | | | | | 19:00 |
| 19:00 | | ZUMBA (60') (S3) | | ZUMBA (60') (S3) | CICLO (45') (SC) | | | | | | 19:00 |
| 19:00 | | CICLO (45') (SC) | | CICLO (45') (SC) | | | | | | | 19:00 |
| 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) | | | ABDOMINALES (15') (S1) | | | | | | 19:45 |
| 20:00 | | PAIDE FUNCIONAL (60') (S3) | | | BODY BALANCE (60') (S1) | CICLO VIRTUAL (45') (SC) | | | | | 20:00 |
| 20:00 | | CICLO (45') (SC) | | | BODY COMBAT (60') (S3) | | | | | | 20:00 |
| 20:00 | | | | | CICLO VIRTUAL (45') (SC) | | | | | | 20:00 |
| 20:30 | PAIDE TOTAL (45') (S1) | WALKING VIRTUAL (30') (ZIW) | BODY BALANCE (60') (S3) | WALKING VIRTUAL (30') (ZIW) | WALKING VIRTUAL (30') (ZIW) | | | | | | 20:30 |
| 20:30 | BODY PUMP (60') (S3) | | CICLO (45') (SC) | | | | | | | | 20:30 |
| 20:30 | CICLO VIRTUAL (45') (SC) | | RUNNING (60') (SO) | | | | | | | | 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) | 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

También puede consultar los horarios en Paldesportcenter.com

(!!): Actividad fuera de cuota