

Hora de Inicio	PAIDESPORT CENTER						FUENLABRADA		DEL 1 NOVIEMBRE 2019 AL 30 NOVIEMBRE 2019		Hora de Inicio
	LUNES	MARTES	MIERCOLES	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)							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

También puede consultar los horarios en [Paldesportcenter.com](http://Paldesportcenter.com)

(!!): Actividad fuera de cuota

#### 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