FUENLABRADA

DEL 1 MAYO 2021 AL 31 MAYO 2021

PAIDESPORT CENTER

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 ') (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

LEYENDA SALAS

S1: SALA 1
S3: SALA 3
SC: SALA CICLO
ZIW: ZONA IND. WALKING
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TIPO ACTIVIDAD

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También puede consultar los horarios en Paidesportcenter.com

(!!): Actividad fuera de cuota