

Hora de Inicio			<b>FUENLABRADA</b>				<b>DEL 1 JUNIO 2024 AL 30 JUNIO 2024</b>		Hora de Inicio
	<b>LUNES</b>	<b>MARTES</b>	<b>MIÉRCOLES</b>	<b>JUEVES</b>	<b>VIERNES</b>	<b>SABADO</b>	<b>DOMINGO</b>		

**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	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (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 (35') (ZIW)	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)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			17:00
17:30	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)			17:30
18:00		CICLO VIRTUAL (45') (SC)		CICLO VIRTUAL (45') (SC)	YOGA 1 (45') (S1)			18:00
18:00					BODY PUMP (45') (S3)			18:00
18:15	PILATES (45') (S1)	BODY BALANCE (45') (S1)	HIPOPRESIVOS (45') (S3)	PILATES (45') (S1)				18:15
18:15	ZUMBA (45') (S3)	BODY PUMP (45') (S3)		BODY PUMP (45') (S3)				18:15
18:30	CICLO (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO (45') (SC)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)			18:30
18:30	WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)					18:30
18:45					CICLO (45') (SC)			18:45
19:00		CICLO (45') (SC)		CICLO (45') (SC)				19:00
19:15	ABDOMINALES (15') (S1)	PAIDE TOTAL (45') (S1)	BODY PUMP (45') (S3)	ZUMBA (45') (S3)				19:15
19:15	BODY COMBAT (45') (S3)	ZUMBA (45') (S3)						19:15
19:30	CICLO (45') (SC)	WALKING VIRTUAL (35') (ZIW)	CICLO (45') (SC)	WALKING VIRTUAL (35') (ZIW)	ABDOMINALES (15') (S3)			19:30
19:30	WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)		WALKING VIRTUAL (35') (ZIW)			19:30
19:45				ABDOMINALES (15') (S1)				19:45
20:00		PILATES (45') (S1)		CICLO VIRTUAL (45') (SC)	CICLO VIRTUAL (45') (SC)			20:00
20:00		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 (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	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	WALKING VIRTUAL (35') (ZIW)	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  
:

**TIPO ACTIVIDAD**

ACUÁTICAS  
BAILE  
CARDIO  
CARDIO-TONO  
CUERPO-MENTE  
TONO  
VIRTUALES

También puede consultar los horarios en [Paidesportcenter.com](http://Paidesportcenter.com) (!!): Actividad fuera de cuota