

Hora de Inicio	FUENLABRADA							DEL 1 NOVIEMBRE 2025 AL 30 NOVIEMBRE 2025		Hora de Inicio
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO			
MAÑANA (de 9h a 12h)										
9:15	CICLO (45 ') (SC)	PILATES 3 (45 ') (S3)	CICLO (45 ') (SC)	PAIDE SALUD (45 ') (S3)	CICLO (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	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)	YOGA 1 (60 ') (S1)	BODY PUMP (45 ') (S3)	PILATES 3 (45 ') (S3)	BODY COMBAT (45 ') (S3)			10:15		
10:15	CICLO VIRTUAL (45 ') (SC)	BODY COMBAT (45 ') (S3)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			10:15		
10:15		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)	CICLO VIRTUAL (45 ') (SC)	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)		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)	WALKING VIRTUAL (35 ') (ZIW)		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	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)			15:30		
15:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)		15:30				
16:00					CICLO VIRTUAL (45 ') (SC)			16:00		
16:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)			16:30		
16:30	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)	WALKING VIRTUAL (35 ') (ZIW)		17:00		
17:15	PILATES 3 (45 ') (S3)							17:15		
17:30	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)			17:30		
17:30	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				17:30		
18:00				GAP (30 ') (S1)	YOGA 1 (45 ') (S1)			18:00		
18:00					BODY PUMP (45 ') (S3)	18:00				
18:00					CICLO VIRTUAL (45 ') (SC)	18:00				
18:15	PILATES 1 (45 ') (S1)	BODY BALANCE (45 ') (S1)	PILATES 3 (45 ') (S3)	BODY PUMP (45 ') (S3)				18:15		
18:15	ZUMBA (45 ') (S3)	BODY PUMP (45 ') (S3)						18:15		
18:30	CICLO (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO (45 ') (SC)	HIPOPRESIVOS (30 ') (S1)	WALKING VIRTUAL (35 ') (ZIW)			18:30		
18:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)				18:30		
19:00		CICLO (45 ') (SC)		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	GAP (45 ') (S1)	WALKING VIRTUAL (35 ') (ZIW)	HIPOPRESIVOS (45 ') (S1)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			19:30		
19:30	CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)					19:30		
19:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)					19:30		
19:45				ABDOMINALES (15 ') (S1)	ABDOMINALES (15 ') (S3)			19:45		
20:00		CICLO VIRTUAL (45 ') (SC)		CICLO VIRTUAL (45 ') (SC)	CICLO VIRTUAL (45 ') (SC)			20:00		
20:15	BODY PUMP (45 ') (S3)	PILATES 1 (45 ') (S1)	BODY BALANCE (45 ') (S3)	BODY COMBAT (45 ') (S3)				20:15		
20:15		BODY PUMP (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	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	CICLO VIRTUAL (45 ') (SC)	WALKING VIRTUAL (35 ') (ZIW)	WALKING VIRTUAL (35 ') (ZIW)			21:30		
21:30	WALKING VIRTUAL (35 ') (ZIW)		WALKING VIRTUAL (35 ') (ZIW)					21:30		
También puede consultar los horarios en Paidesportcenter.com										

LEYENDA SALAS

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

ACUÁTICAS
BAILE
CARDIO
CARDIO-TONO
CUERPO-MENTE
TONO
VIRTUALES

(!!): Actividad fuera de cuota

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