

CUADRANTE DE ACTIVIDADES DIRIXIDAS máis que auga XUÑO 2017

luns			martes			mércores			xoves			venres			sábado		
horario	actividade	sala min.	horario	actividade	sala min.	horario	actividade	sala min.	horario	actividade	sala min.	horario	actividade	sala min.	horario	actividade	sala min.
09:00	MQ MANT. SENIOR	5 45'	09:00	IOGA	2 60'	09:00	MQ MANT. SENIOR	5 45'	09:00	FITNESS EXPRESS	SF 20'	09:00	FITNESS EXPRESS	SF 20'	10:00	WODFIT OPEN BOX	BOX 60'
09:00	FITNESS EXPRESS	SF 20'	09:00	FITNESS EXPRESS	SF 20'	09:00	FITNESS EXPRESS	SF 20'	09:15	MQ PREPILATES	5 45'	09:30	IOGA	2 60'	11:00	PILATES 1	2 45'
09:45	MQ STEP	5 45'	09:15	MQ PREPILATES	5 45'	09:30	IOGA	2 60'	09:45	MQ BIKE	4 45'	10:00	FITNESS EXPRESS	SF 20'	11:00	FITNESS EXPRESS	SF 20'
10:00	WODFIT	BOX 60'	09:30	WODFIT	BOX 60'	09:45	MQ AEROBIC	5 45'	10:00	PILATES 2	2 45'	10:00	WODFIT	BOX 60'	11:45	MQ POWER	5 45'
10:00	FITNESS EXPRESS	SF 20'	10:00	PILATES 2	2 45'	10:00	HIPOPRESIVOS	3 45'	10:00	MQ POWER	5 45'	10:00	MQ STEP	5 45'	12:00	FITNESS EXPRESS	SF 20'
10:30	HIPOPRESIVOS	3 45'	10:00	MQ ZUMBA	5 45'	10:00	FITNESS EXPRESS	SF 20'	10:00	FITNESS EXPRESS	SF 20'	10:45	MQ GAP	5 45'	12:30	MQ BIKE	4 45'
10:30	MQ POWER	5 45'	10:00	FITNESS EXPRESS	SF 20'	10:30	MQ POWER	5 45'	10:45	PILATES 1	2 45'	11:00	FITNESS EXPRESS	SF 20'	13:00	FITNESS EXPRESS	SF 20'
11:00	FITNESS EXPRESS	SF 20'	10:30	MQ BIKE	4 45'	10:45	PILATES TURNOS	3 45'	10:45	MQ ZUMBA	5 45'	11:30	MQ ZUMBA	5 45'			
11:15	MQ ZUMBA	5 45'	10:45	PILATES 1	2 45'	11:00	WODFIT	BOX 60'	10:45	WODFIT	BOX 60'	12:00	FITNESS EXPRESS	SF 20'			
12:00	FITNESS EXPRESS	SF 20'	10:45	MQ GAP	5 45'	11:00	FITNESS EXPRESS	SF 20'	11:00	FITNESS EXPRESS	SF 20'						
14:00	FITNESS EXPRESS	SF 20'	11:00	FITNESS EXPRESS	SF 20'	11:15	FITBALL-DRUMS	5 45'	11:30	ESTIRAM. EXPRESS	5 30'						
			11:30	ESTIRAM. EXPRESS	5 30'	12:00	FITNESS EXPRESS	SF 20'	12:00	FITNESS EXPRESS	SF 20'						
17:30	MQ PREPILATES	5 45'	12:00	FITNESS EXPRESS	SF 20'	14:00	FITNESS EXPRESS	SF 20'									
18:00	FITNESS EXPRESS	SF 20'							18:00	FITNESS EXPRESS	SF 20'	18:00	PILATES 1	2 45'	11:00	FITNESS EXPRESS	SF 20'
18:15	MQ POWER	5 45'	17:15	WODFIT KIDS	BOX 45'	17:30	MQ PREPILATES	5 45'	18:00	MQ GAP	5 45'	18:00	FITNESS EXPRESS	SF 20'	12:00	FITNESS EXPRESS	SF 20'
18:15	MQ ZUMBA KIDS	3 45'	18:00	FITNESS EXPRESS	SF 20'	17:30	MQ ZUMBA KIDS	3 45'	18:00	XOGOTECA MQA	3 120'	18:45	MQ POWER	5 45'	13:00	FITNESS EXPRESS	SF 20'
19:00	MQ COMBAT	5 45'	18:00	WODFIT	BOX 60'	18:00	FITNESS EXPRESS	SF 20'	18:15	TAEKWONDO INF. 4-7	2 45'	19:00	FITNESS EXPRESS	SF 20'			
19:00	MQ LATINO	3 45'	18:00	MQ ZUMBA	5 45'	18:15	PILATES TURNOS	2 45'	18:30	WODFIT KIDS	BOX 45'	19:30	FITBALL-DRUMS	5 45'			
19:00	WODFIT	BOX 60'	18:00	XOGOTECA MQA	3 120'	18:15	MQ AEROBIC	5 45'	18:45	MQ ZUMBA	5 45'	19:45	WODFIT	BOX 60'			
19:00	PILATES 1	2 45'	18:15	TAEKWONDO INF. 4-7	2 45'	18:45	IOGA KIDS	3 45'	19:00	TAEKWONDO INF. +8	2 45'	20:00	FITNESS EXPRESS	SF 20'			
19:00	FITNESS EXPRESS	SF 20'	18:45	MQ POWER	5 45'	19:00	MQ GAP	5 45'	19:00	FITNESS EXPRESS	SF 20'	20:15	MQ ZUMBA	5 45'			
19:45	PILATES 2	2 45'	18:45	PILATES KIDS	1 45'	19:00	PILATES 1	2 45'	19:30	MQ POWER	5 45'	20:30	RUNNING				
19:45	MQ STEP	5 45'	19:00	TAEKWONDO INF. +8	2 45'	19:00	FITNESS EXPRESS	SF 20'	19:45	HIPOPRESIVOS	2 45'	21:00	FITNESS EXPRESS	SF 20'			
20:00	FITNESS EXPRESS	SF 20'	19:00	FITNESS EXPRESS	SF 20'	19:30	IOGA	3 60'	20:00	WODFIT	BOX 60'						
20:00	WODFIT	BOX 60'	19:30	MQ CORE	5 45'	19:45	MQ LATINO	5 45'	20:00	FITNESS EXPRESS	SF 20'						
20:30	HIPOPRESIVOS	3 45'	19:45	HIPOPRESIVOS	2 45'	19:45	PILATES 2	2 45'	20:15	MQ STEP	5 45'						
20:30	MQ GAP	5 45'	20:00	WODFIT	BOX 60'	20:00	FITNESS EXPRESS	SF 20'	20:30	PILATES 1	2 45'						
21:00	FITNESS EXPRESS	SF 20'	20:00	FITNESS EXPRESS	SF 20'	20:00	WODFIT	BOX 60'	20:00	KICK-BOXING	3 60'						
21:00	RUNNING	2 45'	20:15	MQ STEP	5 45'	20:30	HIPOPRESIVOS	3 45'	21:00	MQ BIKE	4 45'						
21:00	WODFIT	BOX 60'	20:30	PILATES 1	2 45'	20:30	MQ POWER	5 45'	21:00	WODFIT	BOX 60'						
21:15	MQ BIKE	4 45'	20:00	KICK-BOXING	3 60'	21:00	FITNESS EXPRESS	SF 20'	21:00	FITNESS EXPRESS	SF 20'						
21:15	MQ ZUMBA	5 45'	20:30	MQ BIKE	4 45'	21:00	WODFIT	BOX 60'	21:15	PILATES 2	2 45'						
22:00	FITNESS EXPRESS	SF 20'	21:00	MQ ZUMBA	5 45'	21:00	RUNNING	2 45'	22:00	FITNESS EXPRESS	SF 20'						
			21:00	WODFIT	BOX 60'	21:15	MQ BIKE	4 45'									
			21:00	FITNESS EXPRESS	SF 20'	21:15	MQ ZUMBA	5 45'									
			21:15	PILATES 2	2 45'	22:00	FITNESS EXPRESS	SF 20'									
			22:00	FITNESS EXPRESS	SF 20'												

domingo

horario	actividade	sala min.
11:00	FITNESS EXPRESS	SF 20'
12:00	FITNESS EXPRESS	SF 20'
13:00	FITNESS EXPRESS	SF 20'

AS CLASES DE BIKE VIRTUAL COMEZARÁN ÁS E 15' DE CADA HORA, SENDO A PRIMEIRA ÁS 07:15 DE LUNS A VENRES E ÁS 9:15 A FIN DE SEMANA

PARA PARTICIPAR NA ACTIVIDADE DE RUNNING E PRECISO CONTRATAR SEGURO DE ACCIDENTES (CONSULTA EN RECEPCIÓN). ESTA ACTIVIDADE OS VENRES SERÁ EN CASTRELOS.

Horario Técnico/a da Sala de Fitness
 luns a venres: 08:00 - 14:00 // 16:30 - 23:00
 sábados: 10:30 - 13:30
 domingos: 10:30 - 13:30

- Se queres a clase de Bike Virtual en inglés, pídelo ó teu monitor
- Actividades especiais de balde
- Actividades de pagamento
- Actividades dentro do abono