

# CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** NAVIA XANEIRO 2018

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.				
09:15	MQ MANT. SENIOR	2	45'	09:00	IOGA TURNOS	1	60'	09:15	MQ MANT. SENIOR	2	45'	09:00	IOGA TURNOS	1	60'	09:15	MQ PRE-PILATES	2	45'	10:30	PILATES 1	3	45'
09:30	FITNESS EXPRESS	SF	20'	09:15	MQ PRE-PILATES	2	45'	09:30	FITNESS EXPRESS	SF	20'	09:15	MQ PRE-PILATES	2	45'	09:30	ESTIRAMENTOS EXPRESS	SF	20'	10:30	FITNESS EXPRESS	SF	20'
10:00	MQ AEROBIC	2	45'	09:15	PILATES REFORMER	6	45'	10:00	MQ STEP	2	45'	10:00	PILATES REFORMER	6	45'	10:00	MQ STEP	2	45'	11:15	MQ POWER	2	45'
10:00	HIOPRESIVOS 1	6	45'	09:30	FITNESS EXPRESS	SF	20'	10:00	HIOPRESIVOS 1	6	45'	10:00	FITNESS EXPRESS	SF	20'	10:00	HIOPRESIVOS 1	6	45'	11:30	FITNESS EXPRESS	SF	20'
10:00	MQ BIKE	4	45'	10:00	PILATES TURNOS 2	1	45'	10:30	CORE EXPRESS	SF	20'	10:00	MQ STEP	2	45'	10:30	FITNESS EXPRESS	SF	20'	12:00	MQ BIKE	4	45'
10:30	FITNESS EXPRESS	SF	20'	10:00	MQ ZUMBA	2	45'	10:45	MQ XTREM	2	45'	10:30	WODFIT	5	60'	10:45	MQ GAP	2	45'	12:30	FITNESS EXPRESS	SF	20'
10:45	MQ POWER	2	45'	10:00	WODFIT	5	60'	10:45	FITMOM POST-PARTO	6	45'	10:30	FITNESS EXPRESS	SF	20'	10:45	FITMOM POST-PARTO	6	60'				
10:45	HIOPRESIVOS 1	6	45'	10:30	FITNESS EXPRESS	SF	20'	11:30	FITNESS EXPRESS	SF	20'	10:45	HIOPRESIVOS 2 TURNOS	6	45'	11:30	FITNESS EXPRESS	SF	20'	18:30	FITNESS EXPRESS	SF	20'
11:30	CORE EXPRESS	SF	20'	10:30	HIOPRESIVOS 2 TURNOS	6	45'	11:30	MQ ZUMBA	2	45'	10:45	PILATES 1	1	45'	11:30	MQ ZUMBA	2	45'	19:30	FITNESS EXPRESS	SF	20'
11:30	MQ ZUMBA	2	45'	10:45	PILATES 1	1	45'	11:30	MQ BIKE	3	45'	10:45	MQ POWER	2	45'					domingo			
11:30	TAI-CHI	1	60'	10:45	MQ GAP	2	45'	12:30	ESTIRAMENTOS EXPRESS	SF	20'	11:30	CORE EXPRESS	SF	20'	17:15	WODFIT KIDS (4-9)	5	45'	horario	actividade	sala	min.
11:30	FITMOM	6	45'	11:30	ESTIRAMENTOS EXPRESS	SF	20'				11:30	FITMOM	6	45'	18:00	PILATES 1	1	45'	10:30	FITNESS EXPRESS	SF	20'	
12:30	ESTIRAMENTOS EXPRESS	SF	20'	11:30	MQ STEP	2	45'	17:15	MQ PRE-PILATES	2	45'	11:30	MQ BIKE	3	45'	18:30	FITNESS EXPRESS	SF	20'	11:30	FITNESS EXPRESS	SF	20'
				12:30	CORE EXPRESS	SF	20'	17:30	ESTIRAMENTOS EXPRESS	SF	20'	12:30	FITNESS EXPRESS	SF	20'	18:45	MQ STEP	2	45'	12:30	FITNESS EXPRESS	SF	20'
17:15	MQ PRE-PILATES	2	45'	17:15	Y'U KIDS PILATES	1	45'	17:45	MQ ZUMBA XOVEN	1	45'	17:15	Y'U KIDS PILATES	1	45'	19:00	FITMOM	6	45'				
17:30	ESTIRAMENTOS EXPRESS	SF	20'	17:30	FITNESS EXPRESS	SF	20'	18:00	MQ GAP	2	45'	17:30	FITNESS EXPRESS	SF	20'	19:30	MQ GAP	2	45'				
17:45	MQ ZUMBA XOVEN	1	45'	18:00	MQ GAP	2	45'	18:00	TAEKWONDO KIDS	6	45'	18:00	MQ POWER	2	45'	19:30	FITNESS EXPRESS	SF	20'				
18:00	MQ STEP	2	45'	18:00	HIOPRESIVOS 1	6	45'	18:30	FITNESS EXPRESS	SF	20'	18:00	MQ ZUMBA KIDS	1	45'	19:45	HIOPRESIVOS 2	6	45'				
18:00	TAEKWONDO KIDS	6	45'	18:00	MQ ZUMBA KIDS	6	45'	18:30	IOGA TURNOS	1	60'	18:30	FITNESS EXPRESS	SF	20'	20:15	MQ ZUMBA	2	45'				
18:30	CORE EXPRESS	SF	20'	18:30	FITNESS EXPRESS	SF	20'	18:45	MQ ZUMBA	2	45'	18:45	MQ AEROBIC	2	45'	20:30	MQ RUNNING	EXT	90'				
18:30	IOGA TURNOS	1	60'	18:45	MQ COMBAT	2	45'	18:45	TAEKWONDO XOVEN	6	45'	18:45	HIOPRESIVOS 1	6	45'	20:30	CORE EXPRESS	SF	20'				
18:45	MQ POWER	2	45'	18:45	MQ BIKE	3	45'	18:45	WODFIT XOVEN (+10)	5	45'	18:45	PILATES 2 TURNOS	1	45'	20:30	HIOPRESIVOS 1	6	45'				
18:45	TAEKWONDO XOVEN	6	45'	18:45	FITMOM TURNOS	6	45'	19:30	MQ CORE	2	45'	19:30	HIOPRESIVOS 2 TURNOS	6	45'								
19:30	FITNESS EXPRESS	SF	20'	18:45	PILATES TURNOS 2	1	45'	19:30	FITNESS EXPRESS	SF	20'	19:30	CORE EXPRESS	SF	20'								
19:30	PILATES 1	1	45'	19:30	HIOPRESIVOS 2 TURNOS	6	45'	19:30	PILATES 1	1	45'	19:30	MQ BIKE	3	45'								
19:30	MQ ZUMBA	2	45'	19:30	MQ STEP	2	45'	20:00	WODFIT	5	60'	19:30	MQ ZUMBA	2	45'								
20:00	WODFIT	5	60'	19:30	CORE EXPRESS	SF	20'	20:15	MQ STEP	2	45'	19:30	PILATES 1	1	45'								
20:15	MQ CORE	2	45'	19:30	PILATES 1	1	45'	20:15	PILATES 1	1	45'	20:15	HIOPRESIVOS 2	6	45'								
20:15	PILATES 1	1	45'	20:15	HIOPRESIVOS 2	6	45'	20:15	PILATES REFORMER	6	45'	20:15	MQ OPEN WODFIT	5	45'								
20:30	FITNESS EXPRESS	SF	20'	20:15	MQ BODY CROSS	5	45'	20:30	FITNESS EXPRESS	SF	20'	20:30	ESTIRAMENTOS EXPRESS	SF	20'								
21:00	MQ BIKE	4	45'	20:15	PILATES 2	1	45'	21:00	MQ BIKE	3	45'	20:15	PILATES 2	1	45'								
21:00	MQ RUNNING	EXT	60'	20:15	MQ ZUMBA	SF	20'	21:00	MQ RUNNING	EXT	60'	21:00	MQ ZUMBA	2	45'								
21:00	HIOPRESIVOS 1	6	45'	20:30	ESTIRAMENTOS EXPRESS	2	45'	21:00	HIOPRESIVOS 1	6	45'	21:00	WODFIT	5	60'								
21:00	BOXEO	5	60'	21:00	MQ BIKE	3	45'	21:00	BOXEO	5	60'	21:00	MQ BIKE	3	45'								
21:00	PILATES REFORMER	6	45'	21:00	WODFIT TURNOS	5	60'	21:00	MQ LATINO	2	45'	21:00	PILATES 1	1	45'								
21:00	MQ LATINO	2	45'	21:00	MQ ZUMBA	2	45'	21:30	CORE EXPRESS	SF	20'	21:30	ESTIRAMENTOS EXPRESS	SF	20'								
21:30	FITNESS EXPRESS	SF	20'	21:00	PILATES 1	1	45'																
				21:30	FITNESS EXPRESS	20'																	

## Horario Monitor/a da Sala de Fitness

luns a venres: 08:00 - 15:00 // 16:00 - 23:00

sábados: 10:00 - 13:30 // 17:30 - 20:30

domingos: 10:00 - 13:30

● Actividades especiais de balde

● Actividades de pagamento

● Actividades dentro do abono

DESDE AS 7:15 TEMOS CLASES DE BIKE VIRTUAL CADA HORA EXCEPTUANDO OS HORARIOS DE MQ BIKE CON TÉCNICO PRESENCIAL

**máis que auga**

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