

CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** COIA

MARZO 2018*

* a partir do 09/03/2018

luns			martes			mércores			xoves			venres			sabado			domingo		
horario	actividade	sala min.	horario	actividade	sala min.	horario	actividade	sala min.	horario	actividade	sala min.	horario	actividade	sala min.	horario	actividade	sala min.	horario	actividade	sala min.
08:30	PILATES	3 45'	09:15	PILATES	3 45'	08:30	PILATES	3 45'	09:15	PILATES	3 45'	09:30	MQ COMBAT	3 45'	10:30	FITNESS EXPRESS	S.F. 20'			
09:15	MQ ZUMBA	2 45'	09:30	FITNESS EXPRESS	S.F. 20'	09:15	HIOPRESIVE	3 45'	09:15	HIOPRESIVE	2 45'	09:30	FITNESS EXPRESS	S.F. 20'	11:00	PILATES	3 45'			
09:15	MQ COMBAT	3 45'	09:45	MQ BODYCROSS	2 45'	09:15	MQ STEP	2 45'	09:30	FITNESS EXPRESS	S.F. 20'	09:30	TOTAL TRAINING	2 45'	11:30	FITNESS EXPRESS	S.F. 20'			
09:30	FITNESS EXPRESS	S.F. 20'	10:00	PILATES	3 45'	09:30	FITNESS EXPRESS	S.F. 20'	10:00	PILATES	3 45'	10:15	MQ STEP	2 45'	12:00	MQ BIKE	4 45'			
10:00	MQ POWER	2 45'	10:30	FITNESS EXPRESS	S.F. 20'	10:00	MQ MANTEMENTO	2 45'	10:00	MQ BODYCROSS	2 45'	10:30	FITNESS EXPRESS	S.F. 20'	12:30	FITNESS EXPRESS	S.F. 20'			
10:00	MQ BIKE	4 45'	10:45	MQ BIKE	4 45'	10:00	MQ COMBAT	3 45'	10:30	FITNESS EXPRESS	S.F. 20'	11:00	MQ MANTEMENTO	2 45'						
10:30	FITNESS EXPRESS	S.F. 20'	10:45	MQ PREPILATES	2 45'	10:30	FITNESS EXPRESS	S.F. 20'	10:45	MQ GAP	2 45'	11:30	IOGA	3 60'						
10:45	MQ GAP	2 45'	11:00	HIOPRESIVE	3 45'	10:45	MQ ZUMBA	2 45'	11:00	FITMOM POSTPARTO	3 45'	11:30	FITNESS EXPRESS	S.F. 20'						
11:30	FITNESS EXPRESS	S.F. 20'	11:30	FITNESS EXPRESS	S.F. 20'	11:30	MQ ESTIRAMENTOS	2 45'	11:30	MQ ZUMBA	2 45'	11:45	MQ ESTIRAMENTOS	2 45'						
11:30	MQ ESTIRAMENTOS	2 45'	11:45	MQ AEROTONO	2 45'	11:30	IOGA	3 60'	11:30	FITNESS EXPRESS	S.F. 20'	12:30	FITNESS EXPRESS	S.F. 20'						
11:30	IOGA	3 60'	11:45	MQ PREPILATES	3 45'	11:30	FITNESS EXPRESS	S.F. 20'	11:45	FITMON EMBARAZADAS	3 45'									
12:15	HIOPRESIVE	2 45'	12:30	MQ ZUMBA	2 45'	12:30	FITNESS EXPRESS	S.F. 20'	12:15	MQ PREPILATES	2 45'									
12:30	FITNESS EXPRESS	S.F. 20'	12:30	FITNESS EXPRESS	S.F. 20'				12:30	FITNESS EXPRESS	S.F. 20'									
17:15	MQ PREPILATES	3 45'	17:00	TAEKWONDO INFANTIL	3 45'	16:30	WODFIT KIDS	2 45'	17:15	IOGA KIDS	3 45'	16:30	MQ ZUMBA KIDS	2 45'	10:30	FITNESS EXPRESS	S.F. 20'			
17:15	MQ ZUMBA	2 45'	17:15	MQ ZUMBA	2 45'	17:15	MQ ZUMBA	2 45'	17:15	MQ POWER	2 45'	17:15	WODFIT KIDS	2 45'	11:30	FITNESS EXPRESS	S.F. 20'			
17:30	FITNESS EXPRESS	S.F. 20'	17:30	FITNESS EXPRESS	S.F. 20'	17:15	MQ PREPILATES	3 45'	17:30	FITNESS EXPRESS	S.F. 20'	17:30	HIOPRESIVE	3 45'	12:30	FITNESS EXPRESS				
18:00	PILATES	3 45'	18:00	PILATES	3 45'	17:30	FITNESS EXPRESS	S.F. 20'	18:00	PILATES	3 45'	17:30	FITNESS EXPRESS	S.F. 20'						
18:00	MQ POWER	2 45'	18:00	MQ MANTEMENTO	2 45'	18:00	PILATES	3 45'	18:00	MQ STEP	2 45'	18:15	MQ POWER	2 45'						
18:30	FITNESS EXPRESS	S.F. 20'	18:30	FITNESS EXPRESS	S.F. 20'	18:00	MQ GAP	2 45'	18:30	FITNESS EXPRESS	S.F. 20'	18:15	FITMON EMBARAZADAS	3 45'						
18:45	PILATES	3 45'	18:45	MQ ZUMBA	2 45'	18:30	FITNESS EXPRESS	S.F. 20'	18:45	MQ ESTIRAMENTOS	2 45'	18:30	FITNESS EXPRESS	S.F. 20'						
18:45	MQ ESTIRAMENTOS	2 45'	19:00	PILATES	3 45'	18:45	PILATES	3 45'	19:00	PILATES	3 45'	19:00	MQ ESTIRAMENTOS	2 45'						
19:30	FITNESS EXPRESS	S.F. 20'	19:30	FITNESS EXPRESS	S.F. 20'	18:45	MQ STEP	2 45'	19:30	FITNESS EXPRESS	S.F. 20'	19:00	HIOPRESIVE	3 45'						
19:30	MQ BIKE	4 45'	19:30	MQ ESTIRAMENTOS	2 45'	19:30	FITNESS EXPRESS	S.F. 20'	19:45	PILATES	3 45'	19:30	FITNESS EXPRESS	S.F. 20'						
19:30	MQ ZUMBA	2 45'	19:45	PILATES	3 45'	19:30	MQ BIKE	4 45'	19:45	MQ ZUMBA	2 45'	19:45	MQ ZUMBA	2 45'						
19:45	PILATES	3 45'	20:00	MQ BIKE	4 45'	19:30	MQ ZUMBA	2 45'	20:00	MQ BIKE	4 45'	19:45	FITMOM POSTPARTO	3 45'						
20:30	PILATES	3 45'	20:30	PILATES	3 45'	19:45	PILATES	3 45'	20:30	PILATES	3 45'	20:30	FITNESS EXPRESS	S.F. 20'						
20:30	MQ GAP	2 45'	20:30	FITNESS EXPRESS	S.F. 20'	20:30	PILATES	3 45'	20:30	FITNESS EXPRESS	S.F. 20'	20:30	MQ RUNNING	60'						
20:30	FITNESS EXPRESS	S.F. 20'	20:45	MQ BODYCROSS	2 45'	20:30	FITNESS EXPRESS	S.F. 20'	20:45	MQ BODYCROSS	2 45'	21:00	BOXEO	2 60'						
21:00	MQ RUNNING	60'	21:00	MQ BIKE	4 45'	20:30	MQ POWER	2 45'	21:00	MQ BIKE	4 45'									
21:15	IOGA	3 60'	21:15	HIOPRESIVE	3 45'	21:00	MQ RUNNING	60'	21:15	PILATES	3 45'									
21:30	FITNESS EXPRESS	S.F. 20'	21:30	BOXEO	2 60'	21:15	IOGA	3 60'	21:30	BOXEO	2 60'									
			21:30	FITNESS EXPRESS	S.F. 20'	21:30	FITNESS EXPRESS	S.F. 20'	21:30	FITNESS EXPRESS	S.F. 20'									

Clases MQ BIKE VIRTUAL:
 Todos os dias nas en punto.

máis que auga

www.maisqueauga.com



Horario Monitor/a da Sala de Fitness

luns a venres: 08:00 a 14:00 // 16:30 a 23:00

sábados: 10:00 a 13:00

domingos: 10:00 a 13:00

- Actividades especiais de balde
- Actividades de pagamento
- Actividades dentro do abono