

# CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** ABRIL 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.	horario	actividade	sala min.
09:00	MQ MANT. SENIOR	5 45'	09:00	FITNESS EXPRESS	SF 20'	09:00	FITNESS EXPRESS	SF 20'	09:00	FITNESS EXPRESS	SF 20'	09:00	FITNESS EXPRESS	SF 20'	11:00	PILATES 1	2 45'
09:00	FITNESS EXPRESS	SF 20'	09:15	MQ PREPILATES	5 45'	09:15	MQ MANT. SENIOR	5 45'	09:15	HIPOPRESIVOS TURNOS	2 45'	09:15	MQ PRE-PILATES	5 45'	11:00	FITNESS EXPRESS	SF 20'
09:30	IOGA	2 60'	09:30	WODFIT	BOX 60'	09:30	IOGA	3 60'	09:15	MQ PREPILATES	5 45'	09:30	IOGA	2 60'	11:45	MQ POWER	5 45'
09:30	MQ RUNNING	60'	10:00	PILATES 2	2 45'	09:30	MQ RUNNING	60'	10:00	MQ BIKE	4 45'	09:30	MQ RUNNING	60'	12:00	FITNESS EXPRESS	SF 20'
09:45	MQ BIKE	4 45'	10:00	FITNESS EXPRESS	SF 20'	10:00	MQ STEP	5 45'	10:00	PILATES 2	2 45'	10:00	FITNESS EXPRESS	SF 20'	12:30	MQ BIKE	4 45'
09:45	MQ STEP	5 45'	10:00	MQ ZUMBA	5 45'	10:00	HIPOPRESIVOS	2 45'	10:00	MQ POWER	5 45'	10:00	WODFIT	BOX 60'	13:00	FITNESS EXPRESS	SF 20'
10:00	WODFIT	BOX 60'	10:15	FITMOM	3 45'	10:00	FITNESS EXPRESS	SF 20'	10:00	FITNESS EXPRESS	SF 20'	10:00	MQ STEP	5 45'			
10:00	FITNESS EXPRESS	SF 20'	10:45	MQ BIKE	4 45'	10:45	MQ POWER	5 45'	10:45	PILATES 1	2 45'	10:45	MQ GAP	5 45'			
10:30	HIPOPRESIVOS	2 45'	10:45	PILATES 1	2 45'	10:45	PILATES TURNOS	2 45'	10:45	MQ ZUMBA	5 45'	11:00	FITNESS EXPRESS	SF 20'			
10:30	MQ POWER	5 45'	10:45	MQ GAP	5 45'	11:00	FITNESS EXPRESS	SF 20'	10:45	WODFIT	BOX 60'	11:30	MQ ZUMBA	5 45'			
11:00	FITNESS EXPRESS	SF 20'	11:00	FITNESS EXPRESS	SF 20'	11:30	MQ ESTIRAMIENTOS	5 30'	11:00	FITNESS EXPRESS	SF 20'	12:00	FITNESS EXPRESS	SF 20'			
11:15	MQ ZUMBA	5 45'	11:30	MQ ESTIRAMIENTOS	5 30'	12:00	FITNESS EXPRESS	SF 20'	11:30	MQ BALANCE	5 45'						
12:00	FITNESS EXPRESS	SF 20'	12:00	FITNESS EXPRESS	SF 20'				12:00	FITNESS EXPRESS	SF 20'						
						17:30	MQ PREPILATES	5 45'									
17:30	MQ PREPILATES	5 45'	17:45	MQ ZUMBA	5 45'	17:30	MQ ZUMBA KIDS	3 45'	17:30	TAEKWONDO INF. 4-7	2 45'	18:00	PILATES 1	2 45'			
18:00	FITNESS EXPRESS	SF 20'	18:00	FITNESS EXPRESS	SF 20'	18:00	FITNESS EXPRESS	SF 20'	18:00	FITNESS EXPRESS	SF 20'	18:00	FITNESS EXPRESS	SF 20'			
18:15	MQ POWER	5 45'	18:00	XOGOTECA	3 120'	18:15	FITMOM POST PARTO	3 45'	18:00	MQ GAP	5 45'	19:00	MQ POWER	5 45'			
18:15	MQ ZUMBA KIDS	3 45'	18:15	TAEKWONDO INF. 4-7	2 45'	18:15	PILATES TURNOS	2 45'	18:00	XOGOTECA	3 120'	19:45	WODFIT	BOX 60'			
19:00	FITNESS EXPRESS	SF 20'	18:30	MQ POWER	5 45'	18:15	MQ FITBALL-DRUMS	5 45'	18:15	TAEKWONDO INF. 4-7	2 45'	20:00	FITNESS EXPRESS	SF 20'			
19:00	WODFIT	BOX 60'	18:30	WODFIT KIDS 4-8	BOX 45'	19:00	MQ GAP	5 45'	18:30	WODFIT KIDS 4-8	BOX 45'	20:15	MQ ZUMBA	5 45'			
19:00	MQ STEP	5 45'	19:00	FITNESS EXPRESS	SF 20'	19:00	PILATES 1	2 45'	18:45	MQ ZUMBA	5 45'	20:30	MQ RUNNING	60'			
19:00	PILATES 1	2 45'	19:00	TAEKWONDO INF. 8-17	2 45'	19:00	FITNESS EXPRESS	SF 20'	19:00	TAEKWONDO INF. 8-17	2 45'	21:00	FITNESS EXPRESS	SF 20'			
19:45	PILATES 2	2 45'	19:15	MQ CORE	5 45'	19:00	WODFIT	BOX 60'	19:00	FITNESS EXPRESS	SF 20'						
19:45	MQ LATINO	3 45'	19:15	WODFIT JUNIOR 9-14	BOX 45'	19:30	IOGA	3 60'	19:15	WODFIT JUNIOR 9-14	BOX 45'						
19:45	MQ COMBAT	5 45'	19:45	HIPOPRESIVOS	2 45'	19:45	MQ LATINO	5 45'	19:30	MQ POWER	5 45'						
20:00	FITNESS EXPRESS	SF 20'	20:00	FITNESS EXPRESS	SF 20'	19:45	PILATES 2	2 45'	19:45	HIPOPRESIVOS TURNOS	2 45'						
20:00	WODFIT	BOX 60'	20:00	MQ BIKE	4 45'	20:00	FITNESS EXPRESS	SF 20'	20:00	WODFIT	BOX 60'						
20:30	HIPOPRESIVOS	3 45'	20:00	WODFIT	BOX 60'	20:30	HIPOPRESIVOS	3 45'	20:00	FITNESS EXPRESS	SF 20'						
20:30	MQ GAP	5 45'	20:00	KICK BOXING	3 60'	20:30	MQ POWER	5 45'	20:00	KICK BOXING	3 60'						
21:00	FITNESS EXPRESS	SF 20'	20:00	MQ STEP	5 45'	21:00	FITNESS EXPRESS	SF 20'	20:15	MQ STEP	5 45'						
21:00	RUNNING	60'	20:30	PILATES 1	2 45'	21:00	MQ RUNNING	60'	20:30	PILATES 1	2 45'						
21:00	WODFIT	BOX 60'	20:45	MQ ZUMBA	5 45'	21:00	WODFIT	BOX 60'	21:00	MQ BIKE	4 45'						
21:15	MQ BIKE	4 45'	21:00	WODFIT	BOX 60'	21:15	MQ BIKE	4 45'	21:00	WODFIT	BOX 60'						
21:15	MQ ZUMBA	5 45'	21:00	FITNESS EXPRESS	SF 20'	21:15	MQ ZUMBA	5 45'	21:00	FITNESS EXPRESS	SF 20'						
22:00	FITNESS EXPRESS	SF 20'	21:15	PILATES 2	2 45'	22:00	FITNESS EXPRESS	SF 20'	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.

### 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

**máis que auga**