

CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** NAVIA 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.				
09:15	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'	11:15	MQ POWER	2	45'				
10:00	MQ AEROBIC	2	45'	09:15	PILATES REFORMER	6	45'	10:00	MQ STEP	2	45'	09:30	FITNESS EXPRESS	SF	20'	10:00	MQ STEP	2	45'	11:30	FITNESS EXPRESS	SF	20'				
10:00	HIOPRESIVOS 1	6	45'	09:30	FITNESS EXPRESS	SF	20'	10:00	HIOPRESIVOS 1	6	45'	10:00	PILATES REFORMER	6	45'	10:00	HIOPRESIVOS 1	6	45'	12:00	MQ BIKE	4	45'				
10:00	MQ BIKE	4	45'	10:00	PILATES TURNOS 2	1	45'	10:00	MQ BIKE	3	45'	10:00	MQ STEP	2	45'	10:30	FITNESS EXPRESS	SF	20'	12:30	FITNESS EXPRESS	SF	20'				
10:30	ESTIRAMENTOS EXPRESS	SF	20'	10:00	MQ ZUMBA	2	45'	10:30	CORE EXPRESS	SF	20'	10:00	WODFIT	5	60'	10:45	MQ GAP	2	45'								
10:45	MQ POWER	2	45'	10:00	WODFIT	5	60'	10:45	MQ XTREM	2	45'	10:30	ESTIRAMENTOS EXPRESS	SF	20'	10:45	FITMOM POST-PARTO	6	60'	18:30	FITNESS EXPRESS	SF	20'				
10:45	HIOPRESIVOS 1	6	45'	10:30	FITNESS EXPRESS	SF	20'	10:45	FITMOM POST-PARTO	6	45'	10:45	HIOPRESIVOS 2 TURNOS	6	45'	11:30	FITNESS EXPRESS	SF	20'	19:30	FITNESS EXPRESS	SF	20'				
11:30	CORE EXPRESS	SF	20'	10:30	HIOPRESIVOS 2 TURNOS	6	45'	11:30	FITNESS EXPRESS	SF	20'	10:45	PILATES 1	1	45'	11:30	MQ ZUMBA	2	45'								
11:30	MQ ZUMBA	2	45'	10:45	PILATES 1	1	45'	11:30	MQ ZUMBA	2	45'	10:45	MQ POWER	2	45'	12:30	ESTIRAMENTOS EXPRESS	SF	20'								
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'								
11:30	FITMOM	6	45'	11:30	ESTIRAMENTOS EXPRESS	SF	20'	12:30	SMALL GROUP TRAINING	SF	60'	11:30	FITMOM	6	45'	18:00	PILATES 1	1	45'	11:30	FITNESS EXPRESS	SF	20'				
12:30	ESTIRAMENTOS EXPRESS	SF	20'	11:30	MQ STEP	2	45'					12:30	FITNESS EXPRESS	SF	20'	18:30	FITNESS EXPRESS	SF	20'	12:30	FITNESS EXPRESS	SF	20'				
12:30	SMALL GROUP TRAINING	SF	60'	12:30	CORE EXPRESS	SF	20'	17:15	MQ PRE-PILATES	2	45'	17:15	Y'U KIDS PILATES	1	45'	18:45	MQ STEP	2	45'								
17:15	MQ PRE-PILATES	2	45'	17:15	Y'U KIDS PILATES	1	45'	17:30	ESTIRAMENTOS EXPRESS	SF	20'	17:30	ESTIRAMENTOS EXPRESS	SF	20'	19:00	FITMOM	6	45'								
17:30	ESTIRAMENTOS EXPRESS	SF	20'	17:30	FITNESS EXPRESS	SF	20'	18:00	MQ ZUMBA XOVEN	1	45'	18:00	MQ POWER	2	45'	19:30	MQ GAP	2	45'								
18:00	MQ ZUMBA XOVEN	1	45'	18:00	MQ GAP	2	45'	18:00	MQ GAP	2	45'	18:00	MQ ZUMBA KIDS	1	45'	19:30	FITNESS EXPRESS	SF	20'								
18:00	MQ STEP	2	45'	18:00	HIOPRESIVOS 1	6	45'	18:00	TAEKWONDO KIDS	6	45'	18:30	FITNESS EXPRESS	SF	20'	19:45	HIOPRESIVOS 2	6	45'								
18:00	TAEKWONDO KIDS	6	45'	18:00	MQ ZUMBA KIDS	6	45'	18:30	FITNESS EXPRESS	SF	20'	18:45	MQ AEROBIC	2	45'	20:15	MQ ZUMBA	2	45'								
18:30	CORE EXPRESS	SF	20'	18:30	FITNESS EXPRESS	SF	20'	18:45	IOGA TURNOS	6	60'	18:45	HIOPRESIVOS 1	6	45'	20:30	MQ RUNNING	EXT	90'								
18:45	IOGA TURNOS	6	60'	18:45	MQ COMBAT	2	45'	18:45	MQ ZUMBA	2	45'	18:45	PILATES 2 TURNOS	1	45'	20:30	CORE EXPRESS	SF	20'								
18:45	MQ POWER	2	45'	18:45	MQ BIKE	3	45'	18:45	TAEKWONDO XOVEN	1	45'	19:30	HIOPRESIVOS 2 TURNOS	6	45'	20:30	HIOPRESIVOS 1	6	45'								
18:45	TAEKWONDO XOVEN	1	45'	18:45	FITMOM TURNOS	6	45'	18:45	WODFIT XOVEN (+10)	5	45'	19:30	CORE EXPRESS	SF	20'												
19:30	FITNESS EXPRESS	SF	20'	18:45	PILATES TURNOS 2	1	45'	19:30	MQ CORE	2	45'	19:30	MQ BIKE	3	45'												
19:30	PILATES 1	1	45'	19:30	HIOPRESIVOS 2 TURNOS	6	45'	19:30	FITNESS EXPRESS	SF	20'	19:30	MQ ZUMBA	2	45'												
19:30	MQ ZUMBA	2	45'	19:30	MQ STEP	2	45'	19:30	PILATES 1	1	45'	19:30	PILATES 1	1	45'												
19:45	IOGA	6	60'	19:30	CORE EXPRESS	SF	20'	20:00	WODFIT	5	60'	20:15	HIOPRESIVOS 2	6	45'												
20:00	WODFIT	5	60'	19:30	PILATES 1	1	45'	20:15	MQ STEP	2	45'	20:15	MQ OPEN WODFIT	5	45'												
20:15	MQ CORE	2	45'	20:15	HIOPRESIVOS 2	6	45'	20:15	PILATES 1	1	45'	20:30	ESTIRAMENTOS EXPRESS	SF	20'												
20:15	PILATES 1	1	45'	20:15	MQ BODY CROSS	5	45'	20:15	PILATES REFORMER	6	45'	20:15	PILATES 2	1	45'												
20:30	FITNESS EXPRESS	SF	20'	20:15	PILATES 2	1	45'	20:30	FITNESS EXPRESS	SF	20'	21:00	MQ ZUMBA	2	45'												
21:00	MQ BIKE	4	45'	20:15	MQ ZUMBA	SF	20'	21:00	MQ BIKE	3	45'	21:00	WODFIT	5	60'												
21:00	MQ RUNNING	EXT	60'	20:30	FITNESS EXPRESS	2	45'	21:00	MQ RUNNING	EXT	60'	21:00	MQ BIKE	3	45'												
21:00	HIOPRESIVOS 1	6	45'	21:00	MQ BIKE	3	45'	21:00	HIOPRESIVOS 1	6	45'	21:00	PILATES 1	1	45'												
21:00	BOXEO	5	60'	21:00	WODFIT TURNOS	5	60'	21:00	BOXEO	5	60'	21:30	CORE EXPRESS	SF	20'												
21:00	PILATES REFORMER	6	45'	21:00	MQ ZUMBA	2	45'	21:00	MQ LATINO	2	45'																
21:00	MQ LATINO	2	45'	21:00	PILATES 1	1	45'	21:30	CORE EXPRESS	SF	20'																
21:30	FITNESS EXPRESS	SF	20'	21:30	ESTIRAMENTOS EXPRESS	SF	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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Ed. 1 / 4 / 2018

