

# CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** COIA MAIO 2018

luns			martes			mércores			xoves			venres			sabado		
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	HIPOPRESIVE	3 45'	09:15	HIPOPRESIVE	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	HIPOPRESIVE	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	HIPOPRESIVE	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'						
															domingo		
															horario	actividade	sala min.
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 MANTEMENTO	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	HIPOPRESIVE	3 45'			
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	HIPOPRESIVE	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'	20:15	TOTAL TRAINING	S.F. 45'			
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	HIPOPRESIVE	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 días 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