

CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis auga** NAVIA XULLO 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.
08:30	FITNESS EXPRESS	SF 20'	08:30	FITNESS EXPRESS	SF 20'	08:30	FITNESS EXPRESS	SF 20'	08:30	FITNESS EXPRESS	SF 20'	8:30	FITNESS EXPRESS	SF 20'	10:30	FITNESS EXPRESS	SF 20'
09:00	MQ MANTEMENTO	2 45'	09:30	MQ ZUMBA	2 30'	09:00	MQ AEROBIC	2 45'	09:30	MQ PRE-PILATES	2 30'	09:30	FITNESS EXPRESS	SF 20'	11:30	FITNESS EXPRESS	SF 20'
09:30	FITNESS EXPRESS	SF 20'	09:30	FITNESS EXPRESS	SF 20'	09:30	FITNESS EXPRESS	SF 20'	09:30	FITNESS EXPRESS	SF 20'	09:45	MQ GAP	2 45'			
09:45	MQ BIKE	3 45'	10:00	HIPOPRESIVOS	6 45'	09:45	MQ MANTEMENTO	2 45'	10:00	HIPOPRESIVOS	6 45'	10:30	MQ ZUMBA	2 45'			
09:45	PILATES	1 45'	10:00	MQ GAP	2 30'	09:45	PILATES REFORMER	6 60'	10:00	MQ STEP	2 30'	10:30	ESTIRAMENTOS EXPRESS	SF 20'			
10:30	FITNESS EXPRESS	SF 20'	10:30	FITNESS EXPRESS	SF 20'	10:30	FITNESS EXPRESS	2 45'	10:30	MQ POWER	2 30'				10:30	FITNESS EXPRESS	SF 20'
10:30	MQ POWER	2 45'	10:30	MQ STEP	2 30'	10:30	MQ XTREM	2 45'	10:30	FITNESS EXPRESS	SF 20'	11:15	FITMOM POST-PARTO	6 45'	11:30	FITNESS EXPRESS	SF SF
11:15	MQ ZUMBA	2 45'	11:00	MQ PRE-PILATES	2 45'	11:15	MQ BIKE	3 45'	11:00	MQ CORE	2 30'				20:00	FITNESS EXPRESS	SF 20'
11:30	MQ CORE EXPRESS	SF 20'	11:00	WODFIT	6 60'	11:30	ESTIRAMENTOS EXPRESS	SF 20'							21:00	FITNESS EXPRESS	SF 20'
12:00	FITMOM POST-PARTO	6 45'	11:00	FITNESS EXPRESS XOVEN	SF 20'				19:00	MQ WODFIT KIDS	5 45'						
									19:00	MQ ZUMBA	2 45'	19:00	MQ POWER	2 45'			
19:00	MQ STEP	2 45'	11:30	FITMOM	6 45'	19:30	FITNESS EXPRESS	SF 20'	19:30	FITNESS EXPRESS	SF 20'						
19:30	FITNESS EXPRESS	SF 20'	19:00	MQ GAP	2 45'	19:45	MQ BIKE	3 45'	19:45	MQ ZUMBA	2 45'						
19:45	MQ POWER	2 45'	19:30	FITNESS EXPRESS	SF 20'	20:30	FITNESS EXPRESS	SF 20'	20:30	FITNESS EXPRESS	SF 20'						
20:00	FITMOM	6 45'	19:45	MQ WODFIT KIDS	5 45'	20:00	FITMOM POST-PARTO	6 45'	20:30	MQ BIKE	3 45'						
20:30	MQ ZUMBA	2 45'	19:45	MQ STEP	2 45'	20:30	MQ STEP	2 45'	21:30	FITNESS EXPRESS	SF 20'						
20:30	FITNESS EXPRESS	SF 20'	20:30	FITNESS EXPRESS	SF 20'	20:45	HIPOPRESIVOS	6 45'									
20:30	WODFIT	5 60'	20:30	MQ BIKE	3 45'	21:00	WODFIT	5 60'									
20:45	HIPOPRESIVOS	6 45'	21:15	MQ ZUMBA	2 45'	21:30	FITNESS EXPRESS	SF 20'									
21:30	FITNESS EXPRESS	SF 20'	21:30	FITNESS 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

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 auga