









# CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** BARREIRO 1-14 AGOSTO 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 MANTEN SENIOR	5 45'	09:30	FITNESS EXPRESS	SF 20'	09:30	FITNESS EXPRESS	SF 20'	09:30	FITNESS EXPRESS	SF 20'	09:30	FITNESS EXPRESS	SF 20'	11:00	FITNESS EXPRESS	SF 20'
09:30	FITNESS EXPRESS	SF 20'	09:30	MQ PREPILATES	5 45'	09:30	MQ PILATES	5 45'	09:30	MQ BIKE	4 45'	10:00	MQ POWER	5 45'	12:00	FITNESS EXPRESS	SF 20'
10:00	WODFIT	BOX 60'	09:30	WODFIT	BOX 60'	10:15	MQ ZUMBA	5 45'	10:15	WODFIT	BOX 60'	10:00	WODFIT	BOX 60'	13:00	FITNESS EXPRESS	SF 20'
10:00	MQ POWER	5 45'	10:15	MQ STEP	5 45'	10:30	 FITNESS EXPRESS BOOT CAMP	SF 20'	10:15	MQ GAP	5 45'	10:30	FITNESS EXPRESS	SF 20'	<b>domingo</b>		
10:30	 FITNESS EXPRESS BOOT CAMP	SF 20'	10:30	FITNESS EXPRESS	SF 20'	11:00	MQ GAP	5 45'	11:00	MQ STEP	5 45'	11:00	MQ ZUMBA	5 45'			
10:45	MQ ZUMBA	5 45'	11:00	MQ POWER	5 45'	11:30	FITNESS EXPRESS	SF 20'	11:30	FITNESS EXPRESS	SF 20'	11:30	FITNESS EXPRESS	SF 20'	11:00	FITNESS EXPRESS	SF 20'
11:30	MQ ESTIRAMENTOS	5 30'	11:30	FITNESS EXPRESS	SF 20'	12:30	FITNESS EXPRESS	SF 20'	12:30	FITNESS EXPRESS	SF 20'				12:00	FITNESS EXPRESS	SF 20'
11:30	FITNESS EXPRESS	SF 20'	12:30	FITNESS EXPRESS	SF 20'				18:00	FITNESS EXPRESS	SF 20'				18:00	FITNESS EXPRESS	SF 20'
12:30	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'	18:30	MQ PILATES	5 45'	19:00	MQ ZUMBA	5 45'	20:00	FITNESS EXPRESS	SF 20'
			18:00	FITNESS EXPRESS	SF 20'	19:00	MQ ZUMBA	5 45'	19:00	FITNESS EXPRESS	SF 20'	19:00	FITNESS EXPRESS	SF 20'	19:00	FITNESS EXPRESS	SF 20'
18:30	MQ PREPILATES	5 45'	19:00	FITNESS EXPRESS	SF 20'	19:00	WODFIT	BOX 60'	19:15	MQ WODFIT KIDS & JUNIOR	BOX 45'						
19:00	FITNESS EXPRESS	SF 20'	19:15	MQ WODFIT KIDS & JUNIOR	BOX 45'	19:15	MQ STEP	5 45'	19:45	MQ GAP	5 45'						
19:15	MQ STEP	5 45'	19:45	MQ POWER	5 45'	20:00	FITNESS EXPRESS	SF 20'	20:00	 FITNESS EXPRESS BOOT CAMP	SF 20'						
20:00	FITNESS EXPRESS	SF 20'	20:00	 FITNESS EXPRESS BOOT CAMP	SF 20'	20:00	MQ POWER	5 45'	20:00	MQ BIKE	4 45'						
20:00	MQ GAP	5 45'	20:00	WODFIT	BOX 60'	21:00	FITNESS EXPRESS	SF 20'	20:30	MQ STEP	5 45'						
20:00	WODFIT	BOX 60'	20:00	WODFIT	BOX 60'	21:00	WODFIT	BOX 60'	21:00	WODFIT	BOX 60'						
20:45	MQ ZUMBA	5 45'	20:30	MQ COMBAT	5 45'	21:00	FITNESS EXPRESS	SF 20'	21:00	FITNESS EXPRESS	SF 20'						
21:00	FITNESS EXPRESS	SF 20'	21:00	FITNESS EXPRESS	SF 20'	22:00	FITNESS EXPRESS	SF 20'	21:00	FITNESS EXPRESS	SF 20'						
21:00	WODFIT	BOX 60'	21:00	WODFIT	BOX 60'							22:00	FITNESS EXPRESS	SF 20'			
22:00	FITNESS EXPRESS	SF 20'	21:15	MQ BIKE	4 45'							22:00	FITNESS EXPRESS	SF 20'			
			22:00	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

## Horario Técnico/a da Sala de Fitness

luns a venres: 08:00 - 14:00 // 16:30 - 23:00  
sábados e domingos: 10:30 - 13:30

-  Se queres a clase de Bike Virtual en inglés, pídelo ó teu técnico/a
-  Actividades especiais de balde
-  Actividades de pagamento
-  Actividades dentro do abono

# máis que auga

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