CUADRANTE DE ACTIVIDADES DIRIXIDAS máis que auga COIA OUTUBRO 2018

luns

horario	actividade	sala	min.
08:30	PILATES	3	45’
09:15	ZUMBA fitness	2	45’
09:15	LesMills BODYCOMBAT	3	60’
09:30	FITNESS EXPRESS	S.F.	20’
10:00	LesMills BODYPUMP	2	60’
10:30	HIPOPRESIVE	3	45’
10:30	FITNESS EXPRESS	S.F.	20’
11:00	MQ GAP	2	45’
11:30	CORE EXPRESS	S.F.	20’
11:45	MQ ESTIRAMENTOS	2	45’
11:30	IOGA	3	60’
12:30	HIPOPRESIVE	2	45’
12:30	FITNESS EXPRESS	S.F.	20’
17:15	MQ PREPILATES	3	45’
17:15	ZUMBA fitness	2	45’
17:30	FITNESS EXPRESS	S.F.	20’
18:00	PILATES	3	45’
18:00	MQ GAP	2	45’
18:30	FITNESS EXPRESS	S.F.	20’
18:45	PILATES	3	45’
18:45	MQ ESTIRAMENTOS	2	45’
19:30	FITNESS EXPRESS	S.F.	20’
19:30	MQ BIKE	4	45’
19:30	ZUMBA fitness	2	45’
19:45	PILATES	3	45’
20:15	LesMills BODYPUMP	2	60’
20:30	PILATES	3	45’
20:30	HIIT EXPRESS	S.F.	20’
21:00	MQ RUNNING		60’
21:15	IOGA	3	60’
21:30	FITNESS EXPRESS	S.F.	20’

martes

horario	actividade	sala	min.
09:15	PILATES	3	45’
09:30	FITNESS EXPRESS	S.F.	20’
09:45	MQ BODYCROSS	2	45’
10:00	PILATES	3	45’
10:30	ESTIRAMENTOS EXPRESS	S.F.	20’
10:45	MQ BIKE	4	45’
10:45	MQ PREPILATES	2	45’
11:00	HIPOPRESIVE	3	45’
11:30	FITNESS EXPRESS	S.F.	20’
11:45	MQ AEROTONO	2	45’
11:45	MQ PREPILATES	3	45’
12:30	ZUMBA fitness	2	45’
12:30	FITNESS EXPRESS	S.F.	20’
17:00	TAEKWONDO INFANTIL	3	45’
17:00	ZUMBA fitness	2	45’
17:30	FITNESS EXPRESS	S.F.	20’
18:00	PILATES	3	45’
17:45	LesMills BODYPUMP	2	60’
18:30	FITNESS EXPRESS	S.F.	20’
18:45	ZUMBA fitness	2	45’
19:00	PILATES	3	45’
19:30	FITNESS EXPRESS	S.F.	20’
19:30	MQ ESTIRAMENTOS	2	45’
19:45	PILATES	3	45’
20:00	MQ BIKE	4	45’
20:30	PILATES	3	45’
20:30	FITNESS EXPRESS	S.F.	20’
20:45	MQ BODYCROSS	2	45’
21:00	MQ BIKE	4	45’
21:15	HIPOPRESIVE	3	45’
21:30	BOXEO	2	60’
21:30	FITNESS EXPRESS	S.F.	20’

mércores

horario	actividade	sala	min.
08:30	PILATES	3	45’
09:15	HIPOPRESIVE	3	45’
09:15	MQ STEP	2	45’
09:30	FITNESS EXPRESS	S.F.	20’
10:00	MQ MANTEMENTO	2	45’
10:00	LesMills BODYCOMBAT	3	60’
10:15	MQ BIKE	4	45’
10:30	FITNESS EXPRESS	S.F.	20’
10:45	ZUMBA fitness	2	45’
11:30	MQ ESTIRAMENTOS	2	45’
11:30	IOGA	3	60’
11:30	CORE EXPRESS	S.F.	20’
12:30	FITNESS EXPRESS	S.F.	20’
16:15	WODFIT KIDS	2	45’
17:00	ZUMBA fitness	2	45’
17:00	MQ PREPILATES	3	45’
17:30	FITNESS EXPRESS	S.F.	20’
18:00	PILATES	3	45’
17:45	LesMills BODYCOMBAT	2	60’
18:45	ESTIRAMENTOS EXPRESS	S.F.	20’
18:45	PILATES	3	45’
18:45	MQ STEP	2	45’
19:30	CORE EXPRESS	S.F.	20’
19:30	MQ BIKE	4	45’
19:30	ZUMBA fitness	2	45’
19:45	PILATES	3	45’
20:30	PILATES	3	45’
20:30	FITNESS EXPRESS	S.F.	20’
20:30	MQ GAP	2	45’
21:00	MQ RUNNING		60’
21:15	IOGA	3	60’
21:15	LesMills BODYCOMBAT	2	45’
21:30	FITNESS EXPRESS	S.F.	20’

xoves

horario	actividade	sala	min.
09:15	PILATES	3	45’
09:15	HIPOPRESIVE	2	45’
09:30	FITNESS EXPRESS	S.F.	20’
10:00	PILATES	3	45’
10:00	MQ BODYCROSS	2	45’
10:30	FITNESS EXPRESS	S.F.	20’
10:45	MQ GAP	2	45’
11:00	FITMOM POSTPARTO	3	45’
11:30	ZUMBA fitness	2	45’
11:30	FITNESS EXPRESS	S.F.	20’
11:45	FITMON EMBARAZADAS	3	45’
12:15	MQ PREPILATES	2	45’
12:30	FITNESS EXPRESS	S.F.	20’
17:15	IOGA KIDS	3	45’
17:00	LesMills BODYPUMP	2	60’
17:30	FITNESS EXPRESS	S.F.	20’
18:00	PILATES	3	45’
18:00	MQ STEP	2	45’
18:30	ESTIRAMENTOS EXPRESS	S.F.	20’
18:45	LesMills BODYCOMBAT	2	60’
19:00	PILATES	3	45’
19:30	FITNESS EXPRESS	S.F.	20’
19:45	PILATES	3	45’
19:45	ZUMBA fitness	2	45’
20:00	MQ BIKE	4	45’
20:30	PILATES	3	45’
20:30	FITNESS EXPRESS	S.F.	20’
20:45	MQ BODYCROSS	2	45’
21:00	MQ BIKE	4	45’
21:15	PILATES	3	45’
21:30	BOXEO	2	60’
21:30	FITNESS EXPRESS	S.F.	20’

venres

horario	actividade	sala	min.
09:30	LesMills BODYCOMBAT	3	60’
09:30	FITNESS EXPRESS	S.F.	20’
09:30	TOTAL TRAINNING	2	45’
10:15	MQ STEP	2	45’
10:30	FITNESS EXPRESS	S.F.	20’
10:45	MQ BIKE	4	45’
11:00	MQ MANTEMENTO	2	45’
11:30	IOGA	3	60’
11:30	FITNESS EXPRESS	S.F.	20’
11:45	MQ ESTIRAMENTOS	2	45’
12:30	FITNESS EXPRESS	S.F.	20’
16:30	MQ ZUMBA KIDS 4 a 8	2	45’
16:30	MQ ZUMBA KIDS 9 a 14	3	45’
17:15	WODFIT KIDS	2	45’
17:30	HIPOPRESIVE	3	45’
17:30	FITNESS EXPRESS	S.F.	20’
18:00	LesMills BODYPUMP	2	60’
18:15	FITMON EMBARAZADAS	3	45’
18:30	FITNESS EXPRESS	S.F.	20’
19:00	MQ ESTIRAMENTOS	2	45’
19:00	HIPOPRESIVE	3	45’
19:30	FITNESS EXPRESS	S.F.	20’
19:45	ZUMBA fitness	2	45’
19:45	FITMOM POSTPARTO	3	45’
20:30	TOTAL TRAINNING	S.F.	45’
20:30	MQ RUNNING		60’
21:30	BOXEO	2	60’

sabado

horario	actividade	sala	min.
10:30	FITNESS EXPRESS	S.F.	20’
11:00	PILATES	3	45’
11:30	FITNESS EXPRESS	S.F.	20’
12:00	MQ BIKE	4	45’
12:30	FITNESS EXPRESS	S.F.	20’

domingo

horario	actividade	sala	min.
10:30	FITNESS EXPRESS	S.F.	20’
11:30	FITNESS EXPRESS	S.F.	20’

Clases MQ BIKE VIRTUAL e INDOORWALKING VIRTUAL:
DENDE AS 7:15 TEMOS CLASES VIRTUAIS CADA HORA
EXCEPTUANDO AS CLASES DE MQ BIKE CON TECNICO PRESENCIAL

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