










CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** NAVIA SETEMBRO 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. | | | | |
| 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 | 1 | 45' |
| 09:30 | ESTIRAMIENTOS 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 | ESTIRAMIENTOS EXPRESS SF | | 20' | 10:00 | HIPOPRESIVOS 1 | 6 | 45' |
| 10:00 | HIPOPRESIVOS 1 | 6 | 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' | 11:15 | LES MILLS BODYPUMP | 2 | 60' |
| 10:00 | MQ BIKE | 4 | 45' | 09:30 | FITNESS EXPRESS | SF | 20' | 10:00 | HIPOPRESIVOS 1 | 6 | 45' | 10:00 | PILATES REFORMER | 6 | 45' | 10:00 | HIPOPRESIVOS 1 | 6 | 45' | 11:30 | FITNESS EXPRESS | SF | 20' |
| 10:30 | FITNESS EXPRESS | SF | 20' | 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' | 12:15 | MQ BIKE | 4 | 45' |
| 10:45 | LES MILLS BODYPUMP | 2 | 60' | 10:00 |  ZUMBA fitness | 2 | 45' | 10:30 | CORE EXPRESS | SF | 20' | 10:00 | WODFIT | 5 | 60' | 10:45 | MQ GAP | 2 | 45' | 12:30 | FITNESS EXPRESS | SF | 20' |
| 11:00 | CONTROL PESO + | SF | 60' | 10:00 | WODFIT | 5 | 60' | 10:45 | PILATES SENIOR +60 | 1 | 45' | 10:30 | ESTIRAMIENTOS EXPRESS | SF | 20' | 10:45 | FITMOM POST-PARTO | 6 | 60' | | | | |
| 11:30 | CORE EXPRESS | SF | 20' | 10:30 | FITNESS EXPRESS | SF | 20' | 10:45 | MQ XTREM | 2 | 45' | 10:45 | HIPOPRESIVOS 2 TURNOS | 6 | 45' | 11:30 | FITNESS EXPRESS | SF | 20' | 18:30 | FITNESS EXPRESS | SF | 20' |
| 11:45 |  ZUMBA fitness | 2 | 45' | 10:45 | HIPOPRESIVOS 2 TURNOS | 6 | 45' | 10:45 | FITMOM POST-PARTO | 6 | 45' | 10:45 | PILATES 1 | 1 | 45' | 11:30 |  ZUMBA fitness | 2 | 45' | 19:30 | FITNESS EXPRESS | SF | 20' |
| 11:30 | TAI-CHI | 1 | 60' | 10:45 | PILATES 1 | 1 | 45' | 11:00 | CONTROL PESO + | SF | 60' | 10:45 | LES MILLS BODYPUMP | 2 | 60' | 12:30 | ESTIRAMIENTOS EXPRESS SF | | 20' | | | | |
| 11:30 | FITMOM TURNOS | 6 | 45' | 10:45 | MQ GAP | 2 | 45' | 11:30 | FITNESS EXPRESS | SF | 20' | 11:30 | CORE EXPRESS | SF | 20' | 17:15 | WODFIT KIDS | 5 | 45' | | | | |
| 12:30 | ESTIRAMIENTOS EXPRESS SF | | 20' | 11:30 | ESTIRAMIENTOS EXPRESS | SF | 20' | 11:30 |  ZUMBA fitness | 2 | 45' | 11:30 | FITMOM | 6 | 45' | 18:15 | FITMOM POST-PARTO | 6 | 45' | horario | actividade | sala | min. |
| | | | | 11:30 | FITMOM POST-PARTO | 6 | 45' | 12:30 | ESTIRAMIENTOS EXPRESS SF | | 20' | 12:30 | FITNESS EXPRESS | SF | 20' | 18:30 | FITNESS EXPRESS | SF | 20' | 11:30 | FITNESS EXPRESS | SF | 20' |
| 17:15 | MQ PRE-PILATES | 2 | 45' | 11:30 | LES MILLS BODYCOMBAT | 2 | 45' | | | | | 17:15 | y'u kidpilates™ | 1 | 45' | 18:45 | MQ STEP | 2 | 45' | 12:30 | FITNESS EXPRESS | SF | 20' |
| 17:30 | ESTIRAMIENTOS EXPRESS SF | | 20' | 12:30 | CORE EXPRESS | SF | 20' | 17:15 | MQ PRE-PILATES | 2 | 45' | 17:30 | ESTIRAMIENTOS EXPRESS | SF | 20' | 19:00 | HIPOPRESIVOS 2 | 6 | 45' | | | | |
| 18:00 | MQ ZUMBA XOVEN | 1 | 45' | 17:15 | y'u kidpilates™ | 1 | 45' | 17:30 | ESTIRAMIENTOS EXPRESS SF | | 20' | 18:00 | LES MILLS BODYPUMP | 2 | 60' | 19:30 | MQ GAP | 2 | 45' | | | | |
| 18:00 | MQ STEP | 2 | 45' | 17:30 | ESTIRAMIENTOS EXPRESS | SF | 20' | 18:00 | MQ ZUMBA XOVEN | 1 | 45' | 18:00 | MQ ZUMBA KIDS | 1 | 45' | 19:30 | FITNESS EXPRESS | SF | 20' | | | | |
| 18:00 | TAEKWONDO KIDS | 6 | 45' | 18:00 | MQ GAP | 2 | 45' | 18:00 | MQ GAP | 2 | 45' | 18:00 | CONTROL PESO + | SF | 60' | 20:15 |  ZUMBA fitness | 2 | 45' | | | | |
| 18:30 | CORE EXPRESS | SF | 20' | 18:00 | HIPOPRESIVOS 1 | 6 | 45' | 18:00 | TAEKWONDO KIDS | 6 | 45' | 18:30 | FITNESS EXPRESS | SF | 20' | 20:30 | MQ RUNNING | EXT | 90' | | | | |
| 18:45 | IOGA TURNOS | 6 | 60' | 18:00 | MQ ZUMBA KIDS | 6 | 45' | 18:30 | FITNESS EXPRESS | SF | 20' | 18:45 | HIPOPRESIVOS 1 | 6 | 45' | 20:30 | CORE EXPRESS | SF | 20' | | | | |
| 18:45 | LES MILLS BODYPUMP | 2 | 60' | 18:00 | CONTROL PESO + | SF | 60' | 18:45 | IOGA TURNOS | 6 | 60' | 18:45 | PILATES 2 TURNOS | 1 | 45' | 21:30 | ESTIRAMIENTOS EXPRESS SF | | 20' | | | | |
| 18:45 | TAEKWONDO XOVEN | 1 | 45' | 18:30 | FITNESS EXPRESS | SF | 20' | 18:45 |  ZUMBA fitness | 2 | 45' | 19:00 | MQ AEROBIC | 2 | 45' | | | | | | | | |
| 19:30 | FITNESS EXPRESS | SF | 20' | 18:45 | LES MILLS BODYCOMBAT | 2 | 60' | 18:45 | TAEKWONDO XOVEN | 1 | 45' | 19:15 | MQ BIKE | 3 | 45' | | | | | | | | |
| 19:30 | PILATES 1 | 1 | 45' | 18:45 | FITMOM TURNOS | 6 | 45' | 18:45 | WODFIT XOVEN (+10) | 5 | 45' | 19:30 | CORE EXPRESS | SF | 20' | | | | | | | | |
| 19:45 |  ZUMBA fitness | 2 | 45' | 18:45 | PILATES TURNOS 2 | 1 | 45' | 19:30 | LES MILLS BODYPUMP | 2 | 60' | 19:30 | HIPOPRESIVOS 2 TURNOS | 6 | 45' | | | | | | | | |
| 19:45 | IOGA | 6 | 60' | 19:00 | MQ OPEN WODFIT | 5 | 45' | 19:30 | FITNESS EXPRESS | SF | 20' | 19:30 | PILATES 1 | 1 | 45' | | | | | | | | |
| 20:30 | MQ CORE | 2 | 45' | 19:30 | HIPOPRESIVOS 2 TURNOS | 6 | 45' | 19:30 | PILATES 1 | 1 | 45' | 19:45 |  ZUMBA fitness | 2 | 45' | | | | | | | | |
| 20:15 | PILATES 1 | 1 | 45' | 19:30 | CORE EXPRESS | SF | 20' | 20:00 | WODFIT | 5 | 60' | 20:00 | WODFIT | 5 | 60' | | | | | | | | |
| 20:30 | FITNESS EXPRESS | SF | 20' | 19:30 | PILATES 1 | 1 | 45' | 20:15 | PILATES 1 | 1 | 45' | 20:15 | HIPOPRESIVOS 2 | 6 | 45' | | | | | | | | |
| 21:00 | MQ BIKE | 4 | 45' | 19:45 | MQ STEP | 2 | 45' | 20:15 | PILATES REFORMER | 6 | 45' | 20:15 | PILATES 2 | 1 | 45' | | | | | | | | |
| 21:00 | MQ RUNNING | EXT | 60' | 20:00 | WODFIT TURNOS | 5 | 60' | 20:30 | MQ STEP | 2 | 45' | 20:30 | ESTIRAMIENTOS EXPRESS SF | | 20' | | | | | | | | |
| 21:00 | HIPOPRESIVOS 1 | 1 | 45' | 20:15 | HIPOPRESIVOS 2 | 6 | 45' | 20:30 | FITNESS EXPRESS | SF | 20' | 21:00 | LES MILLS BODYCOMBAT | 2 | 60' | | | | | | | | |
| 21:00 | PILATES REFORMER | 6 | 45' | 20:15 | PILATES 2 | 1 | 45' | 21:00 | MQ BIKE | 3 | 45' | 21:00 | PILATES 1 | 1 | 45' | | | | | | | | |
| 21:00 | WODFIT | 5 | 60' | 20:30 | LES MILLS BODYPUMP | 2 | 60' | 21:00 | MQ RUNNING | EXT | 60' | 21:30 | CORE EXPRESS | SF | 20' | | | | | | | | |
| 21:00 | MQ LATINO | 2 | 90' | 21:00 | MQ BIKE | 3 | 45' | 21:00 | HIPOPRESIVOS 1 | 6 | 45' | | | | | | | | | | | | |
| 21:30 | FITNESS EXPRESS | SF | 20' | 21:00 | PILATES 1 | 1 | 45' | 21:30 | CORE EXPRESS | SF | 20' | | | | | | | | | | | | |
| | | | | 21:00 | HIPOPRESIVOS 1 | 6 | 45' | | | | | | | | | | | | | | | | |
| | | | | 21:30 |  ZUMBA fitness | 2 | 45' | | | | | | | | | | | | | | | | |
| | | | | 21:30 | ESTIRAMIENTOS 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