

# CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** NAVIA SETEMBRO 2015

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.
09:00	MQ MANT. SENIOR	2 45'	09:15	MQ PRE-PILATES	2 45'	09:00	MQ MANT. SENIOR	2 45'	09:15	MQ PRE-PILATES	2 45'	10:15	MQ STEP	2 45'	11:15	MQ POWER	2 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'	10:30	FITNESS EXPRESS	SF 20'	12:00	MQ BIKE	4 45'
09:45	MQ AEROBIC	2 45'	10:00	MQ ZUMBA	2 45'	09:45	MQ STEP	2 45'	10:00	MQ STEP-TON	2 45'	11:00	MQ GAP	2 45'			
10:30	MQ POWER	2 45'	10:30	FITNESS EXPRESS	SF 20'	10:30	MQ XTREM	2 45'	10:30	FITNESS EXPRESS	SF 20'	11:45	MQ ZUMBA	2 45'			
10:45	FITNESS EXPRESS	SF 20'	10:45	MQ GAP	2 45'	10:45	FITNESS EXPRESS	SF 20'	10:45	MQ POWER	2 45'						
11:15	MQ ZUMBA	2 45'	11:30	MQ STEP	2 45'	11:15	MQ ZUMBA	2 45'	11:30	MQ AEROBIC	2 45'	18:45	MQ STEP	2 45'			
11:15	MQ CORE EXPRESS	1 30'				11:15	MQ CORE EXPRESS	1 30'				19:30	MQ GAP	2 45'			
			17:15	MQ MANT. SENIOR	2 45'				17:15	MQ STEP	2 45'	20:15	MQ ZUMBA	2 45'			
17:15	MQ PRE-PILATES	2 45'	17:30	MQ ZUMBA XOVE (<16)	1 45'	17:15	MQ PRE-PILATES	2 45'	17:30	MQ ZUMBA XOVE (<16)	1 45'						
18:00	MQ STEP	2 45'	18:00	MQ GAP	2 45'	18:00	MQ GAP	2 45'	18:00	MQ POWER	2 45'						
18:30	FITNESS EXPRESS	SF 20'	18:30	FITNESS EXPRESS	SF 20'	18:30	FITNESS EXPRESS	SF 20'	18:30	FITNESS EXPRESS	SF 20'						
18:45	MQ POWER	2 45'	18:45	MQ XTREM	2 45'	18:45	MQ ZUMBA	2 45'	18:45	MQ AERO-TON	2 45'						
19:30	MQ ZUMBA	2 45'	19:30	MQ STEP-TON	2 45'	19:30	MQ XTREM	2 45'	19:30	MQ CORE	2 45'						
19:45	FITNESS EXPRESS	SF 20'	19:45	FITNESS EXPRESS	SF 20'	19:45	FITNESS EXPRESS	SF 20'	19:45	FITNESS EXPRESS	SF 20'						
20:15	MQ CORE	2 45'	21:00	MQ ZUMBA	2 45'	20:15	MQ STEP	2 45'	20:15	MQ XTREM	2 45'						
21:00	MQ BIKE	4 45'	21:15	FITNESS EXPRESS	SF 20'	21:00	MQ BIKE	4 45'	21:00	MQ ZUMBA	2 45'						
21:30	FITNESS EXPRESS	SF 20'	21:45	MQ POWER	4 45'	21:30	FITNESS EXPRESS	SF 20'	21:15	FITNESS EXPRESS	SF 20'						
									21:45	MQ BIKE	4 45'						

## Horario Monitor/a da Sala de Fitness

luns a venres: 07:00 - 15:00 // 16:00 - 23:00

sábados: 09:00 - 13:00 // 17:30 - 20:30

domingos: 09:00 - 13:00

 Clases MQ BIKE VIRTUAL impartidas en Inglés

 Actividades especiais de balde

 Actividades de pagamento

 Actividades dentro do abono

# máis que auga

www.maisqueauga.com   