

CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** 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.	horario	actividade	sala min.
09:00	MQ PRE-PILATES	5 45'	09:00	FITNESS EXPRESS	SF 20'	09:00	FITNESS EXPRESS	SF 20'	08:45	MQ PREPILATES	5 45'	09:00	FITNESS EXPRESS	SF 20'	11:00	PILATES 1	2 45'
09:00	FITNESS EXPRESS	SF 20'	09:15	MQ MANT. SENIOR	5 45'	09:15	MQ PREPILATES	5 45'	09:00	FITNESS EXPRESS	SF 20'	09:30	MQ MANT. SENIOR	5 45'	11:00	FITNESS EXPRESS	SF 20'
09:30	IOGA	2 60'	09:45	WODFIT	BOX 60'	09:30	IOGA	3 60'	09:15	HIPOPRESIVOS TURNOS	2 45'	09:30	IOGA	2 60'	11:45	LES MILLS BODYPUMP	5 60'
09:30	MQ RUNNING	60'	10:00	PILATES 2	2 45'	09:30	MQ RUNNING	60'	09:30	ZUMBA	5 45'	09:30	MQ RUNNING	60'	12:00	FITNESS EXPRESS	SF 20'
09:45	MQ STEP	5 45'	10:00	FITNESS EXPRESS	SF 20'	10:00	MQ STEP	5 45'	10:00	MQ BIKE	4 45'	10:00	FITNESS EXPRESS	SF 20'	12:45	MQ BIKE	4 45'
10:00	WODFIT	BOX 60'	10:00	ZUMBA	5 45'	10:00	HIPOPRESIVOS	2 45'	10:00	PILATES 2	2 45'	10:00	WODFIT	BOX 60'	13:00	FITNESS EXPRESS	SF 20'
10:00	FITNESS EXPRESS	SF 20'	10:15	FITMOM	3 45'	10:00	FITNESS EXPRESS	SF 20'	10:00	FITNESS EXPRESS	SF 20'	10:15	LES MILLS BODYPUMP	5 60'			
10:30	HIPOPRESIVOS	2 45'	10:45	MQ BIKE	4 45'	10:00	MQ BIKE	4 45'	10:15	MQ GAP	5 45'	11:00	FITNESS EXPRESS	SF 20'			
10:30	LES MILLS BODYPUMP	5 60'	10:45	PILATES 1	2 45'	10:45	MQ GAP	5 45'	10:45	PILATES 1	2 45'	11:15	ZUMBA	5 45'			
11:00	FITNESS EXPRESS	SF 20'	10:45	LES MILLS BODYPUMP	5 60'	10:45	PILATES TURNOS	2 45'	10:45	WODFIT	BOX 60'	12:00	FITNESS EXPRESS	SF 20'			
11:30	MQ BALANCE	5 45'	11:00	FITNESS EXPRESS	SF 20'	11:00	FITNESS EXPRESS	SF 20'	11:00	FITNESS EXPRESS	SF 20'						
12:00	FITNESS EXPRESS	SF 20'	12:00	FITNESS EXPRESS	SF 20'	11:30	MQ ESTIRAMIENTOS	5 30'	11:00	LES MILLS BODYCOMBAT	5 60'	18:00	PILATES 1	2 45'			
						12:00	FITNESS EXPRESS	SF 20'	12:00	FITNESS EXPRESS	SF 20'	18:00	FITNESS EXPRESS	SF 20'			
17:30	MQ PREPILATES	5 45'	17:45	ZUMBA	5 45'							18:45	LES MILLS BODYPUMP	5 60'			
18:00	FITNESS EXPRESS	SF 20'	18:00	FITNESS EXPRESS	SF 20'	17:30	MQ PREPILATES	5 45'	18:00	FITNESS EXPRESS	SF 20'	19:00	FITNESS EXPRESS	SF 20'	13:00	FITNESS EXPRESS	SF 20'
18:15	MQ GAP	5 45'	18:00	MQA XOGOTECA	3 120'	17:30	MQ ZUMBA KIDS	3 45'	18:00	MQ GAP	5 45'	19:45	LES MILLS BODYCOMBAT	5 60'			
18:15	MQ ZUMBA KIDS	3 45'	18:15	TAEKWONDO INF. 4-7	2 45'	18:00	FITNESS EXPRESS	SF 20'	18:00	MQA XOGOTECA	3 120'	19:45	WODFIT	BOX 60'			
19:00	MQ STEP	5 45'	18:30	MQ GAP	5 45'	18:15	PILATES TURNOS	2 45'	18:15	TAEKWONDO INF. 4-7	2 45'	20:00	FITNESS EXPRESS	SF 20'			
19:00	FITNESS EXPRESS	SF 20'	18:30	WODFIT KIDS 4-8	BOX 45'	18:15	MQ FITBALL-DRUMS	5 45'	18:30	WODFIT KIDS 4-8	BOX 45'	20:30	MQ RUNNING	60'			
19:00	PILATES 1	2 45'	19:00	FITNESS EXPRESS	SF 20'	19:00	LES MILLS BODYPUMP	5 60'	18:45	ZUMBA	5 45'	21:00	FITNESS EXPRESS	SF 20'			
19:00	WODFIT	BOX 60'	19:00	TAEKWONDO INF. 8-17	2 45'	19:00	WODFIT	BOX 60'	19:00	TAEKWONDO INF. 8-17	2 45'						
19:00	FITMOM POST-PARTO	3 45'	19:15	MQ STEP	5 45'	19:00	PILATES 1	2 45'	19:00	FITNESS EXPRESS	SF 20'						
19:45	PILATES 2	2 45'	19:15	WODFIT JUNIOR 9-14	BOX 45'	19:00	FITNESS EXPRESS	SF 20'	19:15	WODFIT JUNIOR 9-14	BOX 45'						
19:45	MQ LATINO	3 45'	19:45	HIPOPRESIVOS	2 45'	19:30	IOGA	3 60'	19:30	LES MILLS BODYPUMP	5 60'						
19:45	LES MILLS BODYPUMP	5 60'	20:00	FITNESS EXPRESS	SF 20'	19:45	PILATES 2	2 45'	19:45	HIPOPRESIVOS TURNOS	2 45'						
20:00	FITNESS EXPRESS	SF 20'	20:00	WODFIT	BOX 60'	20:00	FITNESS EXPRESS	SF 20'	20:00	WODFIT	BOX 60'						
20:00	WODFIT	BOX 60'	20:00	KICK BOXING	3 60'	20:00	LES MILLS BODYCOMBAT	5 60'	20:00	FITNESS EXPRESS	SF 20'						
20:30	HIPOPRESIVOS	2 45'	20:00	MQ BIKE	4 45'	20:30	HIPOPRESIVOS	2 45'	20:00	KICK BOXING	3 60'						
20:45	ZUMBA	5 45'	20:00	LES MILLS BODYPUMP	5 60'	20:30	MQ LATINO	3 45'	20:30	MQ STEP	5 45'						
21:00	FITNESS EXPRESS	SF 20'	20:30	PILATES 1	2 45'	21:00	FITNESS EXPRESS	SF 20'	20:30	PILATES 1	2 45'						
21:00	RUNNING	60'	21:00	LES MILLS BODYCOMBAT	5 60'	21:00	WODFIT	BOX 60'	21:15	MQ BIKE	4 45'						
21:00	WODFIT	BOX 60'	21:00	WODFIT	BOX 60'	21:00	ZUMBA	5 45'	21:00	WODFIT	BOX 60'						
21:00	MQ BIKE	4 45'	21:00	FITNESS EXPRESS	SF 20'	21:00	MQ RUNNING	60'	21:00	FITNESS EXPRESS	SF 20'						
22:00	FITNESS EXPRESS	SF 20'	21:15	PILATES 2	2 45'	21:15	MQ BIKE	4 45'	21:15	PILATES 2	2 45'						
			22:00	FITNESS EXPRESS	SF 20'	22:00	FITNESS EXPRESS	SF 20'	22:00	FITNESS EXPRESS	SF 20'						

domingo

horario	actividade	sala min.
11:00	FITNESS EXPRESS	SF 20'
12:00	FITNESS EXPRESS	SF 20'
13:00	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

PARA PARTICIPAR NA ACTIVIDADE DE RUNNING E PRECISO CONTRATAR SEGURO DE ACCIDENTES (CONSULTA EN RECEPCIÓN). ESTA ACTIVIDADE DURANTE O MES DE SETEMBRO REALIZARASE NUN LUGAR COMÚN PARA OS 3 CENTROS (A DETERMINAR POLO TÉCNICO).

Horario Técnico/a da Sala de Fitness

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

Se queres a clase de Bike Virtual en inglés, pídella ó teu monitor

Actividades especiais de balde

Actividades de pagamento

Actividades dentro do abono

máis que auga