

CUADRANTE DE ACTIVIDADES DIRIXIDAS **máis que auga** MAIO 2019

| 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 | CORE EXPRESS | SF 20' | 09:00 | HIIT EXPRESS | SF 20' | 08:45 | MQ PREPILATES | 5 45' | 09:00 | TOTAL EXPRESS | SF 20' | 11:00 | PILATES 1 | 2 45' |
| 09:00 | TOTAL EXPRESS | SF 20' | 09:15 | MQ MANT. SENIOR | 5 45' | 09:15 | MQ PREPILATES | 5 45' | 09:00 | ABILITY EXPRESS | SF 20' | 09:30 | MQ MANT. SENIOR | 5 45' | 11:30 | TOTAL 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' | 12:30 | CORE EXPRESS | SF 20' |
| 09:45 | MQ STEP | 5 45' | 10:00 | HIIT EXPRESS | SF 20' | 10:00 | MQ STEP | 5 45' | 10:00 | MQ BIKE | 4 45' | 10:00 | XOGOS 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' | | | |
| 10:00 | CORE EXPRESS | SF 20' | 10:15 | FITMOM | 3 45' | 10:00 | CORE EXPRESS | SF 20' | 10:00 | TOTAL 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 | HIIT 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 | CALISTENIA EXPRESS | SF 20' | 10:45 | LES MILLS BODYPUMP | 5 60' | 10:45 | PILATES TURNOS | 2 45' | 10:45 | WODFIT | BOX 60' | 12:00 | CORE EXPRESS | SF 20' | | | |
| 11:30 | MQ BALANCE | 5 45' | 11:00 | INDOOR TRIATLON EXPRESS | SF 20' | 11:00 | BOXEO EXPRESS | SF 20' | 11:00 | CORE EXPRESS | SF 20' | | | | | | |
| 12:00 | HIIT EXPRESS | SF 20' | 12:00 | ESTIRAMENTOS EXPRESS | SF 20' | 11:30 | MQ ESTIRAMIENTOS | 5 30' | 11:00 | LES MILLS BODYCOMBAT | 5 60' | 18:00 | PILATES 1 | 2 45' | | | |
| | | | | | | 12:00 | TOTAL EXPRESS | SF 20' | 12:00 | HIIT EXPRESS | SF 20' | 18:00 | HIIT EXPRESS | SF 20' | | | |
| 17:30 | MQ PREPILATES | 5 45' | 17:45 | ZUMBA | 5 45' | | | | | | | 18:45 | LES MILLS BODYPUMP | 5 60' | | | |
| 18:00 | CONTROL POSTURAL EXPRESS | SF 20' | 18:00 | ABILITY EXPRESS | SF 20' | 17:30 | MQ PREPILATES | 5 45' | 18:00 | XOGOS EXPRESS | SF 20' | 19:00 | CORE 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' | 19:30 | MQ ZUMBA JUNIOR | 3 45' | | | |
| 18:15 | MQ ZUMBA KIDS | 3 45' | 18:15 | TAEKWONDO INF. 4-7 | 2 45' | 18:00 | CONTROL POSTURAL EXPRESS | SF 20' | 18:00 | MQA XOGOTECA | 3 120' | 19:45 | LES MILLS BODYCOMBAT | 5 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' | 19:45 | WODFIT | BOX 60' | | | |
| 19:00 | TOTAL 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' | 20:00 | TOTAL EXPRESS | SF 20' | | | |
| 19:00 | PILATES 1 | 2 45' | 19:00 | CORE EXPRESS | SF 20' | 19:00 | LES MILLS BODYPUMP | 5 60' | 18:45 | ZUMBA | 5 45' | 20:30 | MQ RUNNING | 60' | | | |
| 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' | 21:00 | HIIT EXPRESS | SF 20' | | | |
| 19:00 | FITMOM POST-PARTO | 3 45' | 19:15 | MQ STEP | 5 45' | 19:00 | PILATES 1 | 2 45' | 19:00 | CORE EXPRESS | SF 20' | | | | | | |
| 19:45 | PILATES 2 | 2 45' | 19:15 | WODFIT JUNIOR 9-14 | BOX 45' | 19:00 | ESTIRAMENTOS 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 | ZUMBA | 5 45' | 20:00 | HIIT EXPRESS | SF 20' | 19:45 | PILATES 2 | 2 45' | 19:45 | HIPOPRESIVOS TURNOS | 2 45' | | | | | | |
| 20:00 | CORE EXPRESS | SF 20' | 20:00 | WODFIT | BOX 60' | 20:00 | CALISTENIA 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 | COMBAT 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' | | | | | | |
| 20:30 | LES MILLS BODYPUMP | 5 60' | 20:00 | LES MILLS BODYPUMP | 5 60' | 20:30 | MQ LATINO | 3 45' | 20:30 | MQ STEP | 5 45' | | | | | | |
| 21:00 | HIIT EXPRESS | SF 20' | 20:30 | PILATES 1 | 2 45' | 21:00 | HIIT 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 | ESTIRAMENTOS EXPRESS | SF 20' | 21:00 | MQ RUNNING | 60' | 21:00 | TOTAL EXPRESS | SF 20' | | | | | | |
| 22:00 | ESTIRAMENTOS EXPRESS | SF 20' | 21:15 | PILATES 2 | 2 45' | 21:15 | MQ BIKE | 4 45' | 21:15 | PILATES 2 | 2 45' | | | | | | |
| | | | 22:00 | TOTAL EXPRESS | SF 20' | 22:00 | CORE EXPRESS | SF 20' | 22:00 | INDOOR TRIATLON EXPRESS | SF 20' | | | | | | |

domingo

| horario | actividade | sala min. |
|---------|----------------------|-----------|
| 11:30 | HIIT EXPRESS | SF 20' |
| 12:30 | ESTIRAMENTOS EXPRESS | SF 20' |

AS CLASES DE INDOOR WALKING SON CADA HORA. DE LUNS A VENRES DENDE AS 7:15 E A FIN DE SEMANA DENDE ÁS 9:15.

AS CLASES DE BIKE VIRTUAL SON CADA HORA. DE LUNS A VENRES DENDE AS 7:15 E A FIN DE SEMANA DENDE ÁS 9:15. EXCEPTUANDO OS HORARIOS DE MQ BIKE CON TÉCNICO PRESENCIAL.

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)

AS ACTIVIDADES DE BODYPUMP E BODYCOMBAT, SON ACTIVIDADES DENTRO DO ABONO.

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

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