

LUNS			MARTES			MÉRCORES			XOVES			VENRES			SÁBADO		
hora	actividade	sala min.	hora	actividade	sala min.	hora	actividade	sala min.	hora	actividade	sala min.	hora	actividade	sala min.	hora	actividade	sala min.
09:15	MQ MANT. SENIOR	2 45'	09:00	IOGA	1 60'	09:15	MQ MANT. SENIOR	2 45'	09:00	IOGA	1 60'	09:15	MQ MOVILIDADE	2 45'	10:30	PILATES 1	1 45'
09:30	ESTIRAMENTOS EXPRESS	SF 20'	09:15	MQ MOBILIDADE	2 45'	09:30	PAVIGYM EXPRESS	SF 20'	09:15	MQ MOBILIDADE	2 45'	09:30	ESTIRAMENTOS EXPRESS	SF 20'	11:15	LES MILLS BODYPUMP	2 60'
10:00	HIPOPRESIVOS 1 <small>Low Pressure Fitness</small>	6 45'	09:15	PILATES REFORMER	6 45'	10:00	MQ STEP	2 45'	09:30	SYNERGY EXPRESS	SF 20'	10:00	MQ STEP	2 45'	11:15	PILATES REFORMER	6 45'
10:00	MQ BIKE	3 45'	09:30	SYNERGY EXPRESS	SF 20'	10:00	HIPOPRESIVOS 1 <small>Low Pressure Fitness</small>	6 45'	10:00	PILATES REFORMER	6 45'	10:00	HIPOPRESIVOS 1 <small>Low Pressure Fitness</small>	6 45'	11:30	CORE EXPRESS	SF 20'
10:00	ZUMBA fitness	2 45'	10:00	PILATES TURNOS 2	1 45'	10:30	CORE EXPRESS	SF 20'	10:30	MQ STEP	2 45'	10:30	SYNERGY EXPRESS	SF 20'	12:15	MQ BIKE	3 45'
10:30	PAVIGYM EXPRESS	SF 20'	10:00	ZUMBA fitness	2 45'	10:45	LES MILLS BODYPUMP	2 60'	10:45	WODFIT	5 60'	10:45	MQ GAP	2 45'	12:30	ESTIRAMENTOS EXPRESS	SF 20'
10:45	LES MILLS BODYPUMP	2 60'	10:00	WODFIT	5 60'	10:45	PILATES 1	1 45'	10:45	ESTIRAMENTOS EXPRESS	SF 20'	10:45	FITMOM POST-PARTO	6 45'	18:30	SYNERGY EXPRESS	SF 20'
11:30	CORE EXPRESS	SF 20'	10:30	PAVIGYM EXPRESS	SF 20'	11:30	FITMOM POST-PARTO	1 45'	10:45	HIPOPRESIVOS 2 T. <small>Low Pressure Fitness</small>	6 45'	11:30	XOGOS EXPRESS	SF 20'	19:30	CORE EXPRESS	SF 20'
11:30	TAI-CHI	1 60'	10:45	HIPOPRESIVOS 2 T. <small>Low Pressure Fitness</small>	6 45'	11:30	SYNERGY EXPRESS	SF 20'	10:45	PILATES 1	1 45'	10:45	PILATES REFORMER	6 45'	DOMINGO		
11:3	FITMOM TURNOS	6 45'	10:45	PILATES 1	1 45'	11:30	WODFIT	5 60'	10:45	LES MILLS BODYPUMP	2 60'	11:30	ZUMBA fitness	2 45'			
12:30	ESTIRAMENTOS EXPRESS	SF 20'	11:30	COLUMNNA +	1 60'	11:30	PILATES REFORMER	6 45'	11:30	COLUMNNA +	1 60'	12:30	ESTIRAMENTOS EXPRESS	SF 20'	hora	actividade	sala min.
17:15	MQ MOBILIDADE	2 45'	11:30	ESTIRAMENTOS EXPRESS	SF 20'	11:45	ZUMBA fitness	2 45'	11:30	CORE EXPRESS	SF 20'	17:15	MQ WODFIT KIDS	5 45'	11:30	SYNERGY EXPRESS	SF 20'
17:30	CORE EXPRESS	SF 20'	11:30	FITMOM POST-PARTO	6 45'	12:30	ESTIRAMENTOS EXPRESS	SF 20'	11:30	FITMOM	6 45'	17:15	MQ COMBAT JUNIOR	2 45'	12:30	CORE EXPRESS	SF 20'
18:00	MQ ZUMBA JUNIOR	1 45'	11:30	LES MILLS BODYCOMBAT	2 60'	12:30	CORE EXPRESS	SF 20'	12:30	PAVIGYM EXPRESS	SF 20'	18:15	FITMOM POST-PARTO	6 45'	Horario Monitor/a da Sala de Fitness		
18:00	MQ STEP	2 45'	17:15	yu kid pilates™	1 45'	17:15	MQ MOBILIDADE	2 45'	17:00	MQ PUMP JUNIOR	2 45'	18:30	SYNERGY EXPRESS	SF 20'			
18:30	SYNERGY EXPRESS	SF 20'	17:15	MQ PUMP JUNIOR	2 45'	17:15	MQ WODFIT KIDS	5 45'	17:15	yu kid pilates™	1 45'	18:45	MQ STEP	2 45'	Luns a venres: 08:00 - 15:00 // 16:00 - 23:00		
18:45	IOGA TURNOS	6 60'	17:30	ESTIRAMENTOS EXPRESS	SF 20'	17:30	ESTIRAMENTOS EXPRESS	SF 20'	17:30	ESTIRAMENTOS EXPRESS	SF 20'	19:00	HIPOPRESIVOS 2 <small>Low Pressure Fitness</small>	6 45'			
18:45	LES MILLS BODYPUMP	2 60'	17:45	HIPOPRESIVOS 1 <small>Low Pressure Fitness</small>	6 45'	18:00	MQ ZUMBA JUNIOR	1 45'	17:45	LES MILLS BODYPUMP	2 60'	19:30	MQ GAP	2 45'	domingos: 10:00 - 13:30		
18:45	TAEKWONDO XOVEN	5 45'	18:00	MQ GAP	2 45'	18:00	MQ GAP	2 45'	18:00	PILATES 1	1 45'	19:30	PAVIGYM EXPRESS	SF 20'			
19:30	CORE EXPRESS	SF 20'	18:00	MQ ZUMBA KIDS	1 45'	18:00	TAEKWONDO KIDS	5 45'	18:00	MQ ZUMBA KIDS	6 45'	20:00	WODFIT	5 60'	● Actividades de pagamento		
19:30	PILATES 1	1 45'	18:30	COLUMNNA +	6 60'	18:30	SYNERGY EXPRESS	SF 20'	18:30	SYNERGY EXPRESS	SF 20'	20:15	ZUMBA fitness	2 45'			
19:45	ZUMBA fitness	2 45'	18:30	SYNERGY EXPRESS	SF 20'	18:45	IOGA	6 60'	18:45	HIPOPRESIVOS 1 <small>Low Pressure Fitness</small>	6 45'	20:30	CORE EXPRESS	SF 20'	DESDE AS 7:15 TEMOS CLASES DE BIKE VIRTUAL (exceptuando os horarios con técnico presencial) E INDOOR WALKING CADA HORA		
19:45	IOGA	6 60'	18:45	LES MILLS BODYCOMBAT	2 60'	18:45	ZUMBA fitness	2 45'	18:45	PILATES TURNOS 2	1 45'	21:30	ESTIRAMENTOS EXPRESS	SF 20'			
20:00	TAEKWONDO ADULTOS	5 60'	18:45	PILATES TURNOS 2	1 45'	18:45	MQ WODFIT JUNIOR	1 45'	18:45	MQ CORE	2 45'	www.maisqueauga.com					
20:15	PILATES 1	1 45'	19:30	FITMOM TURNOS	6 45'	19:30	TAEKWONDO XOVEN	5 45'	19:30	MQ CORE	2 45'				Ed. 01/09/2020		
20:30	ESTIRAMENTOS EXPRESS	SF 20'	19:30	CORE EXPRESS	SF 20'	19:30	PILATES 1	1 45'	19:30	COLUMNNA +	6 60'	f t g					
21:00	MQ BIKE	3 45'	19:30	PILATES 1	1 45'	19:30	XOGOS EXPRESS	SF 20'	19:30	MQ BIKE	3 45'				f t g		
21:00	HIPOPRESIVOS 1 <small>Low Pressure Fitness</small>	1 45'	19:45	MQ BIKE	3 45'	19:30	LES MILLS BODYPUMP	2 60'	19:30	CORE EXPRESS	SF 20'	f t g					
21:00	PILATES REFORMER	6 45'	19:45	MQ AEROBIC	2 45'	19:45	IOGA	6 60'	19:30	PILATES 1	1 45'				f t g		
21:00	WODFIT	5 45'	20:00	WODFIT	5 60'	20:00	TAEKWONDO ADULTOS	5 60'	19:30	PILATES 1	1 45'	f t g					
21:15	MQ LATINO	2 45'	20:15	HIPOPRESIVOS 2 <small>Low Pressure Fitness</small>	6 45'	20:15	PILATES 1	1 45'	20:00	WODFIT	5 60'				f t g		
21:30	CORE EXPRESS	SF 20'	20:15	PILATES 2	1 45'	20:30	MQ STEP	2 45'	20:15	PILATES 2	1 45'	f t g					
			20:30	LES MILLS BODYPUMP	2 60'	20:30	COMBAT EXPRESS	SF 20'	20:15	LES MILLS BODYCOMBAT	2 60'				f t g		
			20:30	PAVIGYM EXPRESS	SF 20'	21:00	WODFIT	5 60'	20:30	HIPOPRESIVOS 2 <small>Low Pressure Fitness</small>	6 45'	f t g					
			21:00	MQ BIKE	3 45'	21:00	PILATES REFORMER	6 45'	20:30	CORE EXPRESS	SF 20'				f t g		
			21:00	PILATES 1	1 45'	21:00	MQ BIKE	3 45'	21:00	PILATES 1	1 45'	f t g					
			21:30	ESTIRAMENTOS EXPRESS	SF 20'	21:00	HIPOPRESIVOS 1 <small>Low Pressure Fitness</small>	1 45'	21:15	MQ LATINO	2 45'				f t g		
			21:30	ZUMBA fitness	2 45'	21:30	CORE EXPRESS	SF 20'	21:30	CORE EXPRESS	SF 20'	f t g					
						21:45	PILATES REFORMER	6 45'	21:30	ESTIRAMENTOS EXPRESS	SF 20'				f t g		



Horario Monitor/a da Sala de Fitness
 Luns a venres: 08:00 - 15:00 // 16:00 - 23:00
 sábados: 10:00 - 14:00 // 17:30 - 20:30
 domingos: 10:00 - 13:30

- Actividades nenos/as
- Actividades de pagamento
- Actividades dentro do abono

DESDE AS 7:15 TEMOS CLASES DE BIKE VIRTUAL (exceptuando os horarios con técnico presencial) E INDOOR WALKING CADA HORA