

# ACTIVIDADES DIRIXIDAS NAVIA

# OUTUBRO 2021

LUNS		
hora	actividade	sala min.
09:15	SENIORS	2 45'
09:30	GLUTEBOOM EXPRESS	SF 20'
10:00	LOW PRESSURE FITNESS	6 45'
10:00	BIKE	3 45'
10:00	ZUMBA FITNESS	2 45'
10:30	HIIT EXPRESS	SF 20'
10:45	POWER	2 60'
11:30	CORE EXPRESS	SF 20'
11:30	TAI-CHI	1 60'
11:30	FITMOM	6 45'
11:45	PYRO	2 30'
12:30	ESTIRAMENTOS EXPRESS	SF 20'
17:30	CORE EXPRESS	SF 20'
18:00	ZUMBA JUNIOR	1 45'
18:00	TAEKWONDO KIDS	5 45'
18:00	INVICTO	2 45'
18:30	GLUTEBOOM EXPRESS	SF 20'
18:45	IOGA TURNOS	6 60'
18:45	POWER	2 60'
18:45	TAEKWONDO XOVEN	5 45'
18:45	BALLET KIDS	1 45'
19:30	HIIT EXPRESS	SF 20'
19:30	PILATES 1	1 45'
19:45	ZUMBA FITNESS	2 45'
19:45	IOGA	6 60'
20:00	WODFIT	5 60'
20:15	PILATES 1	1 45'
20:30	PYRO	2 30'
20:30	CORE EXPRESS	SF 20'
21:00	RUNNING	EXT 60'
21:00	LATINO	2 60'
21:00	BIKE	3 45'
21:00	PILATES REFORMER	6 45'
21:00	FITNESS BALLET	1 60'
21:30	ESTIRAMENTOS EXPRESS	SF 20'

MARTES		
hora	actividade	sala min.
09:00	IOGA	1 60'
09:15	MOBILITY	2 45'
09:15	PILATES REFORMER	6 45'
09:30	HIIT EXPRESS	SF 20'
10:00	WODFIT	5 60'
10:00	GLUTEBOOM	2 45'
10:30	GLUTEBOOM EXPRESS	SF 20'
10:45	LOW PRESSURE FITNESS	6 45'
10:45	PILATES TURNOS 1	1 45'
10:45	ZUMBA FITNESS	2 45'
11:30	COLUMNA +	6 60'
11:30	CORE EXPRESS	SF 20'
11:30	INVICTO	2 45'
12:30	ESTIRAMENTOS EXPRESS	SF 20'
17:15	PILATES KIDS	1 45'
17:30	CORE EXPRESS	SF 20'
17:45	LOW PRESSURE FITNESS	6 45'
18:00	GLUTEBOOM	2 45'
18:00	ZUMBA KIDS	1 45'
18:30	COLUMNA +	6 60'
18:30	HIIT EXPRESS	SF 20'
18:45	INVICTO	2 45'
18:45	PILATES TURNOS 2	1 45'
19:30	FITMOM POST-PARTO	6 45'
19:30	GLUTEBOOM EXPRESS	SF 20'
19:30	PILATES 1	1 45'
19:30	BIKE	3 45'
19:30	ZENYO	2 45'
20:00	WODFIT	5 60'
20:15	LOW PRESSURE FITNESS	6 45'
20:15	PILATES 2	1 45'
20:15	POWER	2 60'
20:30	GLUTEBOOM EXPRESS	SF 20'
21:00	CORE EXPRESS	SF 20'
21:00	PILATES 1	1 45'
21:15	PYRO	2 30'
21:30	ESTIRAMENTOS EXPRESS	SF 20'

MÉRCORES		
hora	actividade	sala min.
09:15	SENIORS	2 45'
09:30	HIIT EXPRESS	SF 20'
10:00	ZUMBA FITNESS	2 45'
10:00	BIKE	3 45'
10:00	LOW PRESSURE FITNESS	6 45'
10:30	GLUTEBOOM EXPRESS	SF 20'
10:45	POWER	2 60'
10:45	PILATES 1	1 45'
11:30	FITMOM POST-PARTO	1 45'
11:30	CORE EXPRESS	SF 20'
11:30	PILATES REFORMER	6 45'
11:45	TAI-CHI	2 60'
12:30	ESTIRAMENTOS EXPRESS	SF 20'
17:15	WODFIT KIDS	5 45'
17:30	ESTIRAMENTOS EXPRESS	SF 20'
17:30	COLUMNA+	6 60'
18:00	GLUTEBOOM	2 45'
18:00	TAEKWONDO KIDS	5 45'
18:00	ZUMBA JUNIOR	1 45'
18:30	CORE EXPRESS	SF 20'
18:45	IOGA	6 60'
18:45	ZUMBA FITNESS	2 45'
18:45	WODFIT JUNIOR	SF 45'
18:45	TAEKWONDO XOVEN	5 45'
19:30	PILATES 1	1 45'
19:30	HIIT EXPRESS	SF 20'
19:30	STEP	2 45'
19:45	IOGA	6 60'
20:00	WODFIT	5 60'
20:15	PILATES 1	1 45'
20:15	POWER	2 60'
20:30	GLUTEBOOM EXPRESS	SF 20'
21:00	RUNNING	EXT 60'
21:00	PILATES REFORMER	6 45'
21:15	BIKE	3 45'
21:15	LATINO	2 60'
21:15	FITNESS BALLET	1 60'
21:30	CORE EXPRESS	SF 20'

XOVES		
hora	actividade	sala min.
09:00	IOGA	1 60'
09:15	ZENYO	2 45'
09:30	HIIT EXPRESS	SF 20'
10:00	PILATES REFORMER	6 45'
10:00	INVICTO	2 45'
10:00	WODFIT	5 60'
10:30	CORE EXPRESS	SF 20'
10:45	LOW PRESSURE FITNESS	6 45'
10:45	PILATES TURNOS 1	1 45'
10:45	GLUTEBOOM	2 45'
11:30	COLUMNA +	1 60'
11:30	ESTIRAMENTOS EXPRESS	SF 20'
11:30	PYRO	2 30'
12:30	GLUTEBOOM EXPRESS	SF 20'
17:30	ESTIRAMENTOS EXPRESS	SF 20'
17:45	POWER	2 60'
18:00	FITMOM	6 45'
18:00	ZUMBA KIDS	1 45'
18:30	CORE EXPRESS	SF 20'
18:45	LOW PRESSURE FITNESS	6 45'
18:45	PILATES TURNOS 2	1 45'
18:45	GLUTEBOOM	2 45'
19:30	COLUMNA +	6 60'
19:30	BIKE	3 45'
19:30	ESTIRAMENTOS EXPRESS	SF 20'
19:30	PILATES 1	1 45'
19:30	ZUMBA FITNESS	2 45'
20:00	WODFIT	5 60'
20:15	PILATES 2	1 45'
20:15	INVICTO	2 45'
20:30	LOW PRESSURE FITNESS	6 45'
20:30	GLUTEBOOM EXPRESS	SF 20'
21:00	PILATES 1	1 45'
21:15	MOBILITY	2 45'
21:30	HIIT EXPRESS	SF 20'

VENRES		
hora	actividade	sala min.
09:15	ZENYO	2 45'
09:30	GLUTEBOOM EXPRESS	SF 20'
10:00	STEP	2 45'
10:30	CORE EXPRESS	SF 20'
10:45	GLUTEBOOM	2 45'
11:30	PILATES REFORMER	6 45'
11:30	HIIT EXPRESS	SF 20'
12:30	ESTIRAMENTOS EXPRESS	SF 20'
17:15	WODFIT KIDS	5 45'
18:00	ZENYO	2 45'
18:30	CORE EXPRESS	SF 20'
18:45	INVICTO	2 45'
19:00	LOW PRESSURE FITNESS	6 45'
19:00	WODFIT	5 60'
19:30	GLUTEBOOM	2 45'
19:30	GLUTEBOOM EXPRESS	SF 20'
20:15	ZUMBA FITNESS	2 45'
20:30	ESTIRAMENTOS EXPRESS	SF 20'
21:30	HIIT EXPRESS	SF 20'

SÁBADO		
hora	actividade	sala min.
10:30	CORE EXPRESS	SF 20'
10:30	PILATES 1	1 45'
11:00	POWER	2 60'
11:15	PILATES REFORMER	6 45'
11:30	GLUTEBOOM EXPRESS	SF 20'
12:00	PILATES REFORMER	6 45'
12:00	BIKE	3 45'
12:45	ESTIRAMENTOS EXPRESS	SF 20'
12:45	PYRO	2 30'

DOMINGO		
hora	actividade	sala min.
10:30	CORE EXPRESS	SF 20'
11:30	GLUTEBOOM EXPRESS	SF 20'



Horario Técnico/a Sala Fitness

luns a venres:  
07:00 - 14:30 // 16:00 - 23:00

sábados:  
09:30 - 13:30

domingos:  
10:30 - 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

Ed. 01 / 09 / 2021

**máis auga**  
pensado para ti