

ACTIVIDADES DIRIXIDAS NAVIA

NOVEMBRO 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	ZENY	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	YOGA 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	YOGA	6	60'
20:00	WODFIT	5	60'
20:15	PILATES 1	1	45'
20:30	BY FITCONCEPT 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	YOGA	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	ZENY	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	CORE EXPRESS	SF	20'
21:00	PILATES 1	1	45'
21:15	BY FITCONCEPT 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	YOGA	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	YOGA	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'
21:00	FITNESS BALLET	1	60'
21:15	BIKE	3	45'
21:15	LATINO	2	60'
21:30	CORE EXPRESS	SF	20'

XOVES

hora	actividade	sala	min.
09:00	YOGA	1	60'
09:15	ZENY	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	MOBILITY	2	45'
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'
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	ZENY	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	ZENY	2	45'
18:00	WODFIT JUNIOR	5	45'
18:30	CORE EXPRESS	SF	20'
18:45	INVICTO	2	45'
19:00	LOW PRESSURE FITNESS	6	45'
19:00	GLUTEBOOM	5	60'
19:30	WODFIT	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	BY FITCONCEPT 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