

ACTIVIDADES DIRIXIDAS NAVIA

1-14 AGOSTO 2022

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	SENIORS	2 45'	09:15	ZENY	2 5'	09:15	ZENY	2 45'	09:15	STEP	2 45'	09:30	CORE EXPRESS	SF 20'	10:30	CORE EXPRESS	SF 20'
09:30	GLUTEBOOM EXPRESS	SF 20'	09:30	CORE EXPRESS	SF 20'	09:30	HIIT EXPRESS	SF 20'	09:30	CORE EXPRESS	SF 20'	09:30	GLUTEBOOM	2 45'	11:30	GLUTEBOOM EXPRESS	SF 20'
10:00	ZUMBA	2 45'	10:00	PILATES 1	6 45'	10:00	BIKE	3 45'	10:00	PILATES 1	6 45'	10:00	HIIT	BOX 45'	12:30	ESTIRAMENTOS EXPRESS	SF 20'
10:00	BIKE	3 45'	10:00	GLUTEBOOM	2 45'	10:30	GLUTEBOOM EXPRESS	SF 20'	10:00	GLUTEBOOM	2 45'	10:15	INVICTO	2 45'			
10:15	HIOPRESIVOS	4 45'	10:00	FORZA	BOX 60'	10:45	POWER	2 45'	10:00	FORZA	BOX 60'	10:30	HIIT EXPRESS	SF 20'			
10:15	HIIT	BOX 45'	10:30	HIIT EXPRESS	SF 20'	11:00	CROSS-TRAINING	BOX 60'	10:30	GLUTEBOOM EXPRESS	SF 20'	10:45	FORZA	BOX 45'			
10:30	CORE EXPRESS	SF 20'	10:45	PILATES REFORMER	4 45'	11:30	ESTIRAMENTOS EXPRESS	SF 20'	10:45	ZENY	2 45'	11:30	ESTIRAMENTOS EXPRESS	SF 20'			
10:45	POWER	2 60'	10:45	ZUMBA	2 45'	12:30	CORE EXPRESS	SF 20'	10:45	CROSS-TRAINING	BOX 60'	12:30	GLUTEBOOM EXPRESS	SF 20'			
11:00	CROSS-TRAINING SUB-20	BOX 45'	10:45	CROSS-TRAINING	BOX 60'	17:30	GLUTEBOOM EXPRESS	SF 20'	11:30	COLUMNNA +	4 60'						
11:30	ESTIRAMENTOS EXPRESS	SF 20'	11:30	COLUMNNA +	6 60'	18:00	ZUMBA	2 45'	11:30	ESTIRAMENTOS EXPRESS	SF 20'						
12:00	FITMOM	4 45'	11:30	GLUTEBOOM EXPRESS	SF 20'	18:30	HIIT EXPRESS	SF 20'	12:30	HIIT EXPRESS	SF 20'						
12:30	CORE EXPRESS	SF 20'	12:30	ESTIRAMENTOS EXPRESS	SF 20'	18:45	POWER	2 60'	17:30	CORE EXPRESS	SF 20'						
17:30	CORE EXPRESS	SF 20'	17:30	CORE EXPRESS	SF 20'	18:45	TÉCNICA	BOX 60'	18:00	INVICTO	2 45'						
18:00	GLUTEBOOM	2 45'	18:00	STEP	2 45'	19:15	PILATES 1	6 45'	18:30	ESTIRAMENTOS EXPRESS	SF 20'						
18:30	HIIT EXPRESS	SF 20'	18:30	ESTIRAMENTOS EXPRESS	SF 20'	19:30	CORE EXPRESS	SF 20'	18:45	FITMOM	6 45'						
18:45	POWER	2 60'	18:30	COLUMNNA +	4 60'	19:30	CROSS-TRAINING	BOX 60'	18:45	ZUMBA	2 45'						
19:00	HIIT	BOX 45'	18:45	POWER	2 60'	19:45	ZENY	2 45'	18:45	HIIT	BOX 45'						
19:30	GLUTEBOOM EXPRESS	SF 20'	19:00	HIIT	BOX 45'	20:00	PILATES 1	4 45'	19:30	POWER	2 60'						
19:45	ZUMBA	2 45'	19:30	GLUTEBOOM EXPRESS	SF 20'	20:30	ESTIRAMENTOS EXPRESS	SF 20'	19:30	COLUMNNA +	4 60'						
19:45	FORZA	BOX 60'	19:45	MOBILIDADE	2 45'	20:45	PILATES REFORMER	6 45'	19:30	GLUTEBOOM EXPRESS	SF 20'						
20:00	PILATES 1	6 45'	20:30	CROSS-TRAINING	BOX 60'	20:45	BIKE	3 45'	19:30	CROSS-TRAINING	BOX 60'						
20:30	ESTIRAMENTOS EXPRESS	SF 20'	20:30	HIIT EXPRESS	SF 20'	21:30	HIIT EXPRESS	SF 20'	20:30	HIIT EXPRESS	SF 20'						
20:30	BIKE	3 45'	21:30	ESTIRAMENTOS EXPRESS	SF 20'				21:30	ESTIRAMENTOS EXPRESS	SF 20'						
20:45	PILATES REFORMER	6 45'															
21:30	PILATES 1	6 45'															
21:30	ESTIRAMENTOS EXPRESS	SF 20'															



Horario Técnico/a Sala Fitness

luns a venres:
07:00 - 14:30 // 17:30 - 23:00

sábados:
10:00 - 13:30

- 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

máis auga
pensado para ti