

# ACTIVIDADES DIRIXIDAS NAVIA

# 23-31 DECEMBRO 2022

## LUNS

hora	actividade	sala	min.
09:15	SENIORS	2	45'
09:30	MOBILIDADE EXPRESS	SF	20'
10:00	HIPOPRESIVOS	4	45'
10:00	BIKE	3	45'
10:00	ZUMBA fitness	2	45'
10:30	KETTLEBELL EXPRESS	SF	20'
10:45	POWER	2	60'
10:45	PILATES	6	45'
11:30	CORE EXPRESS	SF	20'
11:30	TAI-CHI	1	60'
11:30	FITMOM	6	45'
11:45	ZENYO	2	30'
12:30	GLUTEBOOM EXPRESS	SF	20'
17:30	CORE EXPRESS	SF	20'
18:00	TAEKWONDO KIDS	6	45'
18:00	INVICTO	2	45'
18:30	GLUTEBOOM EXPRESS	SF	20'
18:45	IOGA TURNOS	4	60'
18:45	POWER	2	60'
18:45	TAEKWONDO JUNIOR	6	45'
18:45	BALLET KIDS	1	45'
19:30	KETTLEBELL EXPRESS	SF	20'
19:30	PILATES 1	1	45'
19:45	ZUMBA fitness	2	45'
19:45	IOGA	4	60'
20:00	RUNNING	EXT	60'
20:15	PILATES 1	1	45'
20:30	FITNESS BALLET	1	60'
20:30	PYRO	2	30'
20:30	ESTIRAMENTOS EXPRESS	SF	20'
21:00	LATINO	2	60'
21:00	BIKE	3	45'
21:00	PILATES REFORMER	6	45'
21:30	CORE EXPRESS	SF	20'

## MARTES

hora	actividade	sala	min.
09:15	MOBILITY	2	45'
09:15	PILATES REFORMER	6	45'
09:30	KETTLEBELL EXPRESS	SF	20'
10:00	GLUTEBOOM BY FITCONCEPT	2	45'
10:00	BIKE	3	45'
10:00	PILATES 2	6	45'
10:30	CORE EXPRESS	SF	20'
10:45	ZUMBA fitness	2	45'
10:45	PILATES TURNOS 1	6	45'
11:30	COLUMNNA +	4	60'
11:30	ESTIRAMENTOS EXPRESS	SF	20'
11:30	STEP	2	45'
11:00	ZUMBA KIDS		
12:30	MOBILIDADE EXPRESS	SF	20'
17:00	FITMOM POSTPARTO	6	45'
17:30	CORE EXPRESS	SF	20'
17:45	HIPOPRESIVOS	4	45'
18:00	GLUTEBOOM BY FITCONCEPT	2	45'
18:30	COLUMNNA +	4	60'
18:30	HIIT EXPRESS	SF	20'
18:45	INVICTO	2	45'
18:45	PILATES TURNOS 2	6	45'
19:30	MOBILIDADE EXPRESS	SF	20'
19:30	PILATES 1	6	45'
19:30	BIKE	3	45'
19:30	ZENYO	2	45'
20:15	HIPOPRESIVOS	4	45'
20:15	PILATES 2	6	45'
20:15	POWER	2	60'
20:30	HIIT EXPRESS	SF	20'
21:00	PILATES 1	6	45'
21:15	PYRO	2	30'
21:30	ESTIRAMENTOS EXPRESS	SF	20'

## MÉRCORES

hora	actividade	sala	min.
09:15	SENIORS	2	45'
09:30	GLUTEBOOM EXPRESS	2	20'
10:00	ZUMBA fitness	2	45'
10:00	BIKE	3	45'
10:00	HIPOPRESIVOS	4	45'
10:30	CORE EXPRESS	SF	20'
10:45	POWER	2	60'
10:45	PILATES 1	6	45'
11:30	MOBILIDADE EXPRESS	SF	20'
11:30	PILATES REFORMER	6	45'
11:45	TAI-CHI	1	60'
12:15	FITMOM POST-PARTO	6	45'
12:30	HIT EXPRESS	SF	20'
17:15	CROSSTRAINING KIDS	BOX	45'
17:15	ZENYO	2	45'
17:30	HIT EXPRESS	SF	20'
17:30	COLUMNNA+	4	60'
18:00	GLUTEBOOM BY FITCONCEPT	2	45'
18:00	TAEKWONDO KIDS	6	45'
18:00	CROSSTRAINING JUNIOR	BOX	45'
18:30	CORE EXPRESS	SF	20'
18:45	IOGA	4	60'
18:45	STEP	2	45'
18:45	TAEKWONDO JUNIOR	6	45'
19:30	PILATES 1	6	45'
19:30	ESTIRAMENTOS EXPRESS	SF	20'
19:30	ZUMBA fitness	2	45'
19:45	IOGA	4	60'
20:00	RUNNING	EXT	60'
20:15	PILATES 1	6	45'
20:15	POWER	2	60'
20:30	FITNESS BALLET	1	60'
20:30	KETTLEBELL EXPRESS	SF	20'
21:00	PILATES REFORMER	6	45'
21:15	BIKE	3	45'
21:15	LATINO	2	60'
21:30	CORE EXPRESS	SF	20'

## XOVES

hora	actividade	sala	min.
09:00	IOGA	4	60'
09:15	INVICTO	2	45'
09:30	CORE EXPRESS	SF	20'
10:00	PILATES REFORMER	6	45'
10:00	ZENYO	2	45'
10:00	BIKE	3	45'
10:30	KETTLEBELL EXPRESS	SF	20'
10:45	PILATES TURNOS 1	6	45'
10:45	GLUTEBOOM BY FITCONCEPT	2	45'
11:30	COLUMNNA +	4	60'
11:30	ESTIRAMENTOS EXPRESS	SF	20'
11:30	MOBILITY	2	45'
11:30	ZUMBA KIDS	5	20'
12:30	HIT EXPRESS	F	'
17:30	CORE EXPRESS	SF	20'
17:45	POWER	2	60'
18:00	FITMOM	6	45'
18:00	COLUMNNA +	4	60'
18:30	KETTLEBELL EXPRESS	SF	20'
18:45	PILATES TURNOS 2	6	45'
18:45	GLUTEBOOM BY FITCONCEPT	2	45'
19:30	COLUMNNA +	4	60'
19:30	BIKE	3	45'
19:30	MOBILIDADE EXPRESS	SF	20'
19:30	PILATES 1	6	45'
19:30	ZUMBA fitness	2	45'
20:15	PILATES 2	6	45'
20:15	INVICTO	2	45'
20:30	ESTIRAMENTOS EXPRESS	SF	20'
21:00	PILATES 1	6	45'
21:00	MOBILITY	2	45'
21:30	HIIT EXPRESS	SF	20'

## VENRES

hora	actividade	sala	min.
09:15	ZENYO	2	45'
09:30	HIT EXPRESS	SF	20'
10:00	STEP	2	45'
10:30	KETTLEBELL EXPRESS	SF	20'
10:45	GLUTEBOOM BY FITCONCEPT	2	45'
10:45	CROSSTRAINING JUNIOR	BOX	45'
10:45	ZUMBA KIDS	1	45'
11:30	PILATES REFORMER	6	45'
11:30	ESTIRAMENTOS EXPRESS	SF	20'
12:30	CORE EXPRESS	SF	20'
17:15	CROSSTRAINING KIDS	BOX	45'
17:30	MOBILIDADE EXPRESS	SF	20'
18:00	ZENYO	2	45'
18:00	CROSSTRAINING JUNIOR	BOX	45'
18:30	KETTLEBELL EXPRESS	SF	20'
18:45	INVICTO	2	45'
18:45	BIKE JUNIOR	3	45'
19:30	GLUTEBOOM BY FITCONCEPT	2	45'
19:30	ESTIRAMENTOS EXPRESS	SF	20'
20:15	ZUMBA fitness	2	45'
20:30	HIIT EXPRESS	SF	20'
21:30	MOBILIDADE EXPRESS	SF	20'

## SÁBADO

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

## DOMINGO

hora	actividade	sala	min.
10:30	HIT EXPRESS	SF	20'
11:30	CORE EXPRESS	SF	20'
12:30	MOBILIDADE EXPRESS	SF	20'



- 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

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

\*os venres ata as 22:00