

ACTIVIDADES DIRIXIDAS NAVIA

MARZO 2023

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	ZUMBA JUNIOR	1 45'
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'
18:45	BIKE JUNIOR	3 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'
10:30	CORE EXPRESS	SF 20'
10:45	ZUMBA fitness	2 45'
10:45	PILATES TURNOS 1	6 45'
11:30	COLUMNA +	4 60'
11:30	HIT EXPRESS	SF 20'
11:30	MOBILITY	2 45'
12:30	MOBILIDADE EXPRESS	SF 20'
17:00	FITMON POSTPARTO	6 45'
17:30	CORE EXPRESS	SF 20'
17:45	HIPOPRESIVOS	4 45'
18:00	GLUTEBOOM BY FITCONCEPT	2 45'
18:00	ZUMBA KIDS	6 45'
18:30	COLUMNA +	4 60'
18:30	HIIT EXPRESS	SF 20'
18:45	INVICTO	2 45'
18:45	PILATES TURNOS 2	6 45'
18:45	TIK-TOK DANCE JUNIOR	1 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	COLUMNA+	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	ZUMBA JUNIOR	1 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	COLUMNA +	4 60'
11:30	ESTIRAMENTOS EXPRESS	SF 20'
11:30	MOBILITY	2 45'
12:30	HIT EXPRESS	SF 20'
17:30	CORE EXPRESS	SF 20'
17:45	POWER	2 60'
18:00	BIKE JUNIOR	3 45'
18:00	FITMOM	6 45'
18:00	COLUMNA +	4 60'
18:00	ZUMBA KIDS	1 45'
18:30	KETTLEBELL EXPRESS	SF 20'
18:45	PILATES TURNOS 2	6 45'
18:45	GLUTEBOOM BY FITCONCEPT	2 45'
18:45	ACTÍVATE KIDS	1 45'
19:30	COLUMNA +	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'
20:30	BIKE	3 45'
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	BIKE	3 45'
10:00	STEP	2 45'
10:30	KETTLEBELL EXPRESS	SF 20'
10:45	GLUTEBOOM BY FITCONCEPT	2 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'
17:15	URBAN DANCE JUNIOR	1 45'
17:30	MOBILIDADE EXPRESS	SF 20'
18:00	URBAN DANCE KIDS	1 45'
18:00	ZENYO	2 45'
18:00	CROSSTRAINING JUNIOR	BOX 45'
18:30	KETTLEBELL EXPRESS	SF 20'
18:45	INVICTO	2 45'
18:45	ACTÍVATE KIDS	1 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'



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

- 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