ACTIVIDADES DIRIXIDAS NAVIA

MAIO 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	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	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	2	45'
10:00	BIKE	3	45'
10:30	CORE EXPRESS	SF	20'
10:45	ZUMBA	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	MOVILIDADE EXPRESS	SF	20'
17:00	FITMON POSTPARTO	6	45'
17:30	CORE EXPRESS	SF	20'
17:45	HIPOPRESIVOS	4	45'
18:00	GLUTEBOOM	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'
21:00	BIKE	3	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	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	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	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	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	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	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	PILATES	6	45'
10:00	STEP	2	45 ´
10:30	KETTLEBELL EXPRESS	SF	20'
10:45	GLUTEBOOM	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	2	45'
19:30	ESTIRAMENTOS EXPRESS	SF	20'
20:15	ZUMBA	2	45'
20:30	HIIT EXPRESS	SF	20'
21:30	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

Ed. 12 / 01 / 2023

SÁBADO

hora	actividade	sala	min.
10:00	HIT EXPRESS	2	45'
10:15	GLUTEBOOM	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 EXPRES	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

máis que auga
pensado para ti