

ACTIVIDADES DIRIXIDAS NAVIA

XULLO 2023

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'	09:00	IOGA	4 60'	09:15	ZENY	2 45'	09:00	IOGA	4 60'	09:30	CORE EXPRESS	SF 20'	10:30	CORE EXPRESS	SF 20'
09:30	GLUTEBOOM EXPRESS	SF 20'	09:15	ZENY	2 45'	09:30	HIIT EXPRESS	SF 20'	09:15	STEP	2 45'	09:30	GLUTEBOOM	2 45'	11:30	GLUTEBOOM EXPRESS	SF 20'
10:00	ZUMBA	2 45'	09:30	CORE EXPRESS	SF 20'	10:00	BIKE	3 45'	09:30	CORE EXPRESS	SF 20'	10:15	INVICTO	2 45'	12:30	ESTIRAMENTOS EXPRESS	SF 20'
10:00	BIKE	3 45'	10:15	PILATES 1	6 45'	10:00	INVICTO	2 45'	10:00	PILATES 1	6 45'	10:30	HIIT EXPRESS	SF 45'			
10:15	HIPOPRESIVOS	4 45'	10:00	GLUTEBOOM	2 45'	10:30	GLUTEBOOM EXPRESS	SF 20'	10:00	GLUTEBOOM	2 45'	11:00	MOBILITY	2 45'			
10:30	CORE EXPRESS	SF 20'	10:30	HIIT EXPRESS	SF 20'	10:45	POWER	2 60'	10:30	GLUTEBOOM EXPRESS	SF 20'	11:00	PILATES REFORMER	6 45'			
10:45	POWER	2 45'	11:00	PILATES REFORMER	4 45'	11:00	FITMOM POST-PARTO	6 45'	10:45	ZENY	2 45'	11:30	ESTIRAMENTOS EXPRESS	SF 20'			
11:00	ESTIRAMENTOS EXPRESS	SF 20'	10:45	ZUMBA	2 45'	11:30	ESTIRAMENTOS EXPRESS	SF 20'	11:30	COLUMNNA +	4 60'	11:30	BIKE	3 45'			
12:00	FITMOM	4 45'	11:30	COLUMNNA +	6 60'	12:30	CORE EXPRESS	SF 20'	11:30	ESTIRAMENTOS EXPRESS	SF SF 20'	12:30	GLUTEBOOM EXPRESS	SF 20'			
12:30	CORE EXPRESS	SF 20'	11:30	GLUTEBOOM EXPRESS	SF SF 20'	17:30	GLUTEBOOM EXPRESS	SF 20'	12:30	HIIT EXPRESS	20'						
			12:30	ESTIRAMENTOS EXPRESS	SF 20'	18:30	HIIT EXPRESS	SF 20'									
						18:45	POWER	2 60'									
						18:45	ZUMBA KIDS-JUNIOR	1 45'									
						19:15	PILATES 1	6 45'									
						19:30	CORE EXPRESS	SF 20'									
						19:45	ZUMBA	2 45'									
						20:00	PILATES 1	6 45'									
						20:00	IOGA	4 60'									
						20:30	ESTIRAMENTOS EXPRESS	SF 20'									
						20:30	ZENY	2 45'									
						20:45	PILATES REFORMER	6 45'									
						21:00	BIKE	3 45'									
						21:15	LATINO	2 45'									
						21:30	PILATES 1	6 45'									
						21:30	HIIT EXPRESS	SF 20'									



Horario Técnico/a Sala Fitness

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