

# ACTIVIDADES DIRIXIDAS NAVIA

# SETEMBRO 2023

LUNS		
hora	actividade	sala min.
09:15	SENIORS	6 45'
09:30	MOBILIDADE EXPRESS	SF 20'
09:15	GLUTEBOOM	2 45'
10:00	BIKE	3 45'
10:00	ZUMBA	2 45'
10:30	KETTLEBELL EXPRESS	SF 20'
10:45	POWER	2 60'
10:45	MOBILITY	1 45'
11:30	CORE EXPRESS	SF 20'
11:45	ZENYO	2 45'
12:30	GLUTEBOOM EXPRESS	SF 20'

17:30	CORE EXPRESS	SF 20'
18:00	INVICTO	2 45'
18:30	GLUTEBOOM EXPRESS	SF 20'
18:45	POWER	2 60'
18:45	BIKE JUNIOR	3 45'
19:30	KETTLEBELL EXPRESS	SF 20'
19:45	ZUMBA	2 45'
20:00	RUNNING	EXT 60'
20:30	CORE EXPRESS	SF 20'
21:00	MOBILITY	1 45'
21:00	BIKE	3 60'
21:15	LATINO	2 45'
21:30	CORE EXPRESS	SF 20'

MARTES		
hora	actividade	sala min.
09:00	POWER	2 60'
09:15	MOBILITY	1 45'
09:30	KETTLEBELL EXPRESS	SF 20'
10:00	GLUTEBOOM	2 45'
10:00	BIKE	3 45'
10:30	CORE EXPRESS	SF 45'
10:45	ZUMBA	2 45'
10:45	MOBILITY	1 45'
11:30	ESTIRAMENTOS EXPRESS	SF 20'
11:30	INVICTO	2 45'
12:30	MOBILIDADE EXPRESS	SF 20'

17:30	CORE EXPRESS	SF 20'
18:00	GLUTEBOOM	2 45'
18:30	HIIT EXPRESS	SF 20'
18:45	INVICTO	2 45'
19:30	MOBILIDADE EXPRESS	SF 20'
19:30	ZENYO	2 45'
19:30	BIKE	3 45'
20:15	POWER	2 60'
20:30	HIIT EXPRESS	SF 20'
21:00	BIKE	3 45'
21:15	PYRO	2 30'
21:15	MOBILITY	1 45'
21:30	CORE EXPRESS	SF 20'

MÉRCORES		
hora	actividade	sala min.
09:15	SENIORS	6 45'
09:15	GLUTEBOOM	2 45'
09:30	CORE EXPRESS	SF 20'
10:00	ZUMBA	2 45'
10:00	BIKE	3 45'
10:30	GLUTEBOOM EXPRESS	SF 20'
10:45	POWER	2 60'
11:30	KETTLEBELL EXPRESS	SF 20'
11:45	MOBILITY	6 45'
12:30	HIT EXPRESS	SF 20'

17:15	ZENYO	2 45'
17:30	HIT EXPRESS	SF 20'
18:00	GLUTEBOOM	2 45'
18:30	CORE EXPRESS	SF 20'
18:45	STEP	2 45'
19:30	ZUMBA	2 45'
19:30	ESTIRAMIENTO EXPRESS	SF 20'
20:00	RUNNING	EXT 60'
20:15	POWER	2 60'
20:30	KETTLEBELL EXPRESS	SF 20'
21:15	BIKE	3 45'
21:15	LATINO	2 60'
21:30	CORE EXPRESS	SF 20'

XOVES		
hora	actividade	sala min.
09:15	INVICTO	2 45'
09:30	CORE EXPRESS	SF 20'
10:00	ZENYO	2 45'
10:00	BIKE	3 45'
10:30	KETTLEBELL EXPRESS	SF 20'
10:45	GLUTEBOOM	2 45'
11:30	CORE EXPRESS	SF 20'
11:30	MOBILITY	1 45'
11:30	PYRO	2 30'
11:30	HIT EXPRESS	SF 20'
12:30	CORE EXPRESS	SF 20'

17:30	CORE EXPRESS	SF 20'
18:00	GLUTEBOOM	2 45'
18:00	BIKE JUNIOR	3 45'
18:30	KETTLEBELL EXPRESS	SF 20'
18:45	INVICTO	2 45'
19:30	BIKE	3 45'
19:30	POWER	2 60'
19:30	HIT EXPRESS	SF 20'
20:30	BIKE	3 45'
20:30	ZUMBA	2 45'
20:30	ESTIRAMENTOS EXPRESS	SF 20'
21:15	PYRO	2 30'
21:30	CORE EXPRESS	SF 20'

VENRES		
hora	actividade	sala min.
09:15	ZENYO	2 45'
09:30	HIT EXPRESS	SF 20'
10:00	STEP	2 45'
10:00	BIKE	3 45'
10:30	KETTLEBELL EXPRESS	SF 20'
10:45	GLUTEBOOM	2 45'
11:30	ESTIRAMENTOS EXPRESS	SF 20'
12:30	CORE EXPRESS	SF 20'

17:15	CROSSTRaining KIDS	6 45'
17:15	URBAN DANCE JUNIOR	1 45'
17:30	MOBILIDADE EXPRESS	SF 20'
18:00	URBAN DANCE KIDS	1 45'
18:00	CROSSTRaining JUNIOR	6 45'
18:00	ZENYO	2 45'
18:30	KETTLEBELL EXPRESS	SF 20'
18:45	INVICTO	2 45'
18:45	ACTIVATE KIDS	1 45'
18:45	BIKE JUNIOR	3 45'
19:30	GLUTEBOOM	2 45'
19:30	HIT EXPRESS	SF 20'
20:15	ZUMBA	2 45'
20:30	ESTIRAMENTOS EXPRESS	SF 20'
21:30	MOBILIDADE EXPRESS	SF 20'

- Actividades nenos/as
- Actividades dentro do abono

DESDE AS 7:15 TEMOS CLASES DE BIKE VIRTUAL (exceptuando os horarios con técnico presencial) E INDOOR WALKING CADA HORA

SÁBADO		
hora	actividade	sala min.
10:15	GLUTEBOOM	2 45'
10:00	HIT EXPRESS	SF 20'
11:00	POWER	2 60'
11:00	CORE EXPRESS	SF 20'
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	



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