

ACTIVIDADES DIRIGIDAS DUET PORTITXOL

HORARIO 2018



Inicio	Final	Espacio	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
M A Ñ A N A									
07:00	07:50	PS	DUET SWIMMERS*		DUET SWIMMERS*		DUET SWIMMERS*		
07:00	07:50	S1	BODY PUMP	BODY COMBAT	DUET WALKING	BODY PUMP			
07:00	07:50	SC	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	DUET CYCLING		
08:00	08:15	SF	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'		
08:10	09:00	SC	VIRTUAL WALKING	VIRTUAL WALKING	VIRTUAL CYCLING	DUET WALKING	VIRTUAL WALKING		
08:10	09:00	S1	CAMP. / WALK.	DUET CAMP 1	BODY PUMP		GAP		
08:30	10:00	S1						YOGA 90MIN	
09:00	09:20	SF	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'		
09:30	10:20	SC	DUET CYCLING	DUET WALKING	DUET CYCLING	VIRTUAL WALKING	DUET CYCLING	VIRTUAL CYCLING	VIRT. CYCLING
09:30	10:20	S1	GLAM DANCE	GAP	ZUMBA	BODY PUMP	BODY BALANCE		DUET CAMP 2
09:30	10:20	PS / S2	AGUA POWER		AGUA POWER	PILATES 1	AGUA POWER		
10:15	10:30	SF	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	ABDOMINALES 15'	
10:30	11:20	S1	BODY BALANCE	PILATES 2	ESPALDA SANA			ZUMBA	
10:30	11:20	PS	AGUA RELAX	AGUA POWER			AGUA RELAX		
10:30	11:20	SC	VIRTUAL WALKING	VIRTUAL CYCLING	DUET WALKING	DUET CYCLING	VIRTUAL CYCLING	DUET WALKING	DUET CYCLING
11:30	11:45	SF	DST 15'	ABDOMINALES 15'	DST 15'	ABDOMINALES 15'	DST 15'	DST 15'	
11:30	12:20	SC	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL WALKING	DUET CAMP 2	VIRT. WALKING
11:30	12:20	PS / S1	AGUA POWER		AGUA RELAX		YOGA		ESTIRAMIENT.
M E D I O D Í A									
12:30	13:20	SC	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL CYCLING	DUET CYCLING	VIRT. CYCLING
13:00	13:20	SF	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	
13:30	14:20	SC	VIRTUAL WALKING	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL WALKING	VIRTUAL WALKING	
14:00	15:05	PS	DUET SWIMMERS*		DUET SWIMMERS*				
14:30	15:20	S1	BODY PUMP		BODY PUMP		ESPALDA SANA		
14:30	15:20	SC	VIRTUAL CYCLING	DUET CYCLING	VIRTUAL CYCLING	CAMP. / WALK.	VIRTUAL WALKING	VIRTUAL CYCLING	
T A R D E									
15:30	16:35	PS	DUET SWIMMERS*		DUET SWIMMERS*		DUET SWIMMERS*		
15:30	16:20	S1	DUET CAMP 2	PILATES 1	DUET CAMP 2	PILATES 2	DUET CAMP 2		
15:30	16:20	SC	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:30	16:20	PS	AGUA POWER		AGUA POWER		AGUA POWER		
16:30	17:20	SC	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL WALKING	
17:00	17:50	SC	DUET CYCLING		DUET CYCLING		DUET WALKING		
17:30	18:20	S2		ESTIRAMIENTOS		ESTIRAMIENTOS			
17:30	18:20	S2	CAMP KIDS		ZUMBA KIDS		CAMP KIDS		
17:30	18:20	S1	GAP	DUET CAMP 1	BODY PUMP	ZUMBA	BODY PUMP	DUET CAMP 1	
18:00	18:15	SF	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'		
18:00	18:50	SC	DUET CYCLING	DUET WALKING	DUET CYCLING	DUET WALKING	DUET CYCLING	VIRTUAL WALKING	
18:30	19:20	S1/SC	BODY PUMP	ZUMBA	BODY COMBAT	DUET CAMP 2	ZUMBA	DUET CYCLING	
18:30	19:20	S2	BODY BALANCE	ESPALDA SANA	ESTIRAMIENTOS	ESPALDA SANA	BODY BALANCE		
19:00	19:50	SC	DUET CYCLING	DUET CYCLING	DUET WALKING	DUET CYCLING	DUET CYCLING		
19:30	20:00	SF	RADIKAL 30'	DST 30'	RADIKAL 30'	DST 30'	RADIKAL 30'		
19:30	20:20	PS	AGUA POWER	AGUA POWER	AGUA POWER	AGUA POWER			
19:30	20:20	S1	BODY COMBAT	BODY PUMP	GLAM DANCE	BODY PUMP	DUET CAMP 1		
19:30	20:20	S2	PILATES 1	PILATES 2	PILATES 1	PILATES 2	ESTIRAMIENTOS		
20:00	20:50	SC	DUET WALKING	DUET WALKING	DUET CYCLING	DUET CYCLING	VIRTUAL WALKING		
20:30	20:50	SF	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'		
20:30	21:20	S1	ZUMBA	D. CAMP Extrem 30'	BODY PUMP	YOGA			
20:30	21:20	S2	PILATES 2	YOGA	BODY BALANCE		PILATES 2		
20:30	21:30	PS		DUET SWIMMERS*		DUET SWIMMERS*			
21:30	22:20	SC	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING		
21:30	22:45	SF	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'		

QUEMA CALORIAS	SC SALA CYCLING
TONIFICACIÓN	S1 SALA 1
PREVENCIÓN Y RELAX	S2 SALA 2
SALUD	SF SALA FITNESS
	PS PISCINA
	OUT OUTDOOR

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