

# ACTIVIDADES DIRIGIDAS DUET PORTITXOL

HORARIO SEPTIEMBRE 2019



Inicio	Final	Espacio	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
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## MAÑANA

07:00	07:50	PS	DUET SWIMMERS*		DUET SWIMMERS*		DUET SWIMMERS*		
07:00	07:50	S1		BODY PUMP		BODY COMBAT	BODY PUMP		
07:00	07:50	SC	DUET CYCLING	VIRTUAL CYCLING	DUET WALKING	VIRTUAL CYCLING	VIRTUAL CYCLING		
08:00	08:15	SF	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'		
08:10	09:00	SC	VIRTUAL WALKING	DUET WALKING	VIRTUAL CYCLING	DUET CYCLING	VIRTUAL WALKING		
08:10	09:00	S1	DUET CAMP		BODY PUMP		GAP		
08:15	09:30	S1						YOGA	
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	DUET CYCLING	VIRT. CYCLING
09:30	10:20	S1	ZUMBA	GAP	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	DUET CAMP
09:30	10:20	PS	AGUA POWER		AGUA POWER	AGUA POWER	AGUA POWER		
09:30	10:20	S2	ESPALDA SANA			PILATES	BODY BALANCE		
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	ESPALDA SANA	SALSA	BODY PUMP	ZUMBA	ZUMBA
10:30	11:20	PS	AGUA RELAX	AGUA POWER			AGUA RELAX		
10:30	11:20	S2		SALSA					
10:30	11:20	SC	VIRTUAL WALKING	DUET 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	S1						DUET CAMP	
11:30	12:20	SC	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL WALKING		VIRT. WALKING
11:30	12:20	PS/S1	AGUA POWER		AGUA RELAX		YOGA	PILATES	ESTIRAMIENTOS

## MEDIODÍA

12:30	13:20	SC	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRT. 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	GAP	ESPALDA SANA		
14:30	15:20	SC	VIRTUAL CYCLING	DUET CYCLING	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL WALKING	VIRTUAL CYCLING	

## TARDE

15:30	16:35	PS	DUET SWIMMERS*		DUET SWIMMERS*		DUET SWIMMERS*		
15:30	16:20	S2/S1	DUET CAMP	PILATES	CARDIO HIT	PILATES	DUET CAMP		
15:30	16:20	SC	VIRTUAL CYCLING	VIRTUAL WALKING	VIRTUAL CYCLING	DUET CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15:30	16:20	PS/S1	AGUA POWER	ZUMBA	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				
17:30	18:20	S2		ESTIRAMIENTOS		ESTIRAMIENTOS			
17:30	18:20	S2	CAMP KIDS		ZUMBA KIDS		CAMP KIDS		
17:30	18:20	S1	GAP	CARDIO HIT	BODY PUMP	ZUMBA	BODY PUMP	BODY PUMP	
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	
18:00	20:00	OUT		VOLLEY PLAYA			VOLLEY PLAYA		
18:30	18:45	SF	FREE FIT	FREE FIT	FREE FIT	FREE FIT	FREE FIT		
18:30	19:20	S1/SC	BODY PUMP	ZUMBA	BODY COMBAT	DUET CAMP	ZUMBA	DUET CYCLING	
18:30	19:20	S2	BODY BALANCE	ESPALDA SANA	PILATES	ESPALDA SANA	BODY BALANCE		
19:00	19:50	SC	DUET WALKING		DUET WALKING		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	AGUA ZUMBA		
19:30	20:20	S1	BODY COMBAT	BODY PUMP	ZUMBA	BODY PUMP	CARDIO HIT		
19:30	20:20	S2	PILATES	PILATES	BODY BALANCE	YOGA	ESTIRAMIENTOS		
19:30	20:20	OUT			SPARTAN DUET				
19:30	20:20	SC		DUET CYCLING		DUET CYCLING			
20:00	20:50	SC	DUET CYCLING		DUET CYCLING				
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	BODY COMBAT			
20:30	21:20	S2	PILATES	YOGA		PILATES	PILATES		
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	22:20	SF	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'	ABDOMINALES 15'		
21:30	22:20	S1			DUET BOXING				

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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