

ACTIVIDADES DIRIGIDAS DUET SPORTS PAU GASOL

A partir del 1 de octubre de 2018

Inici	Final		DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATI									
07.10	08.00	S1	BODYPUMP		ZUMBA	DUET CARDIO HIIT	BODYBALANCE		
07.10	08.00	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
08.00	08.15	SF	ABD 15'	RADIKAL 20'	ABD 15'	ESTIRAMENTS 15'	ABD 15'		
08.15	09.05	S1		GIM D'OR		ESQUENA SANA			
08.15	08.40	PS	AQUA CTC 25'		AQUA CTC 25'		AQUA CTC 25'		
08.30	09.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
09.00	09.25	S2	BODYBALANCE 25'				ESTIRAMENTS 25'		
09.00	09.25	SF	ABD 15'	ESTIRAMENTS 15'	RADIKAL 20'	WALKING 25'	ABD 15'	ABD 15'	
09.00	09.25	S1			ESTIRAMENTS 25'				
09.30	10.20	S1	DUET CARDIO HIIT	ZUMBA	BODYCOMBAT 25'	ZUMBA	BODYPUMP		
09.30	10.20	S2	IOGA	BODYBALANCE	PILATES	BODYBALANCE	GIM D'OR		
09.30	10.20	SC	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09.30	10.20	S3	MUAY THAI / KICK	BOXEO	MUAY THAI / KICK				
09.30	10.20	PS						AQUA CTC FAMILY	
10.00	10.25	S1			GAC 25'				
10.30	10.55	S1		AEROBIC 25'					
10.30	11.20	S1	STEP		BODYPUMP	CTC		ZUMBA FAMILY	
10.30	11.20	S2	MEDITACIÓ 25'	QI GONG 25'	IOGA	QI GONG 25'	ESQUENA SANA		
10.30	11.20	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
10.30	11.20	S3	MUAY THAI / KICK	BOXEO	MUAY THAI / KICK				
10.30	10.45	SF	ABD 15'	RADIKAL 20'	WALKING 25'	RADIKAL 20'	ABD 15'	RADIKAL 20'	ABD 15'
10.30	11.20	PS	AQUA CTC	AQUA CTC	AQUA CTC	AQUA CTC			
11.00	11.25	S1		BODYCOMBAT 25'					
11.00	11.50	S2	ESQUENA SANA	TAI TXI		TAI TXI			
11.30	11.55	S2					IOGA		
11.30	12.20	S1	GAC 25'	PILATES	ZUMBA			BODYPUMP	
11.30	12.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	11.45	SF	RADIKAL 20'	ABD 15'	ABD 15'	ABD 15'	RADIKAL 20'	RADIKAL 20'	RADIKAL 20'
MIGDIA									
12.00	12.25	PS	AQUA CTC 25'		AQUA CTC 25'		AQUA CTC 25'		
12.30	13.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
13.00	13:15	SF	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'
13.30	14.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14.00	14.15	SF	ABD 15'		ABD 15'	RADIKAL 20'	ABD 15'	ABD 15'	
14.00	14:25	S1		DUET CARDIO HIIT 25'					
14:30	14:55	S1		GAC 25'					
14.30	15.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15.30	15.45	SF	RADIKAL 20'	ABD 15'	RADIKAL 20'	ABD 15'	ABD 15'	ABD 15'	
15.30	16.00	PS		AQUA EXPRESS		AQUA EXPRESS			
15.30	16.20	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	
15.30	16.20	S1	AEROBIC	STEP	ZUMBA	BODYPUMP	DUET CARDIO HIIT		
16.30	16.45	SF	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	RADIKAL 20'	
16.30	17.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16.30	17.20	S1	CTC	GAC 25'	BODYCOMBAT 25'	ZUMBA	BODYPUMP		
17.00	17.20	S1		BODYCOMBAT 25'	GAC 25'				
TARDA									
17.30	18.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17.30	18.20	S3	MUAY THAI KIDS**	MUAY THAI KIDS**	MUAY THAI KIDS**	MUAY THAI KIDS**			
17.30	18.20	S2	ZUMBA KIDS (6-13)**		ZUMBA KIDS (6-13)**				
17.30	18.20	EXT		DIVER KIDS (6-13)**		DUET CAMP KIDS (6-13)**			
17.30	18.20	S2		ESQUENA SANA		PILATES			
17.30	17.45	SF	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'	
17.30	18.20	S1	ZUMBA	CTC	DUET CARDIO HIIT	STEP	ZUMBA FAMILY		
18.00	18.15	SF	RADIKAL 20'		RADIKAL 20'		RADIKAL 20'	RADIKAL 20'	
18.00	18.25	S2							
18.30	18.50	SF		RADIKAL 20'		RADIKAL 20'			
18.30	19.20	S2	PILATES	PILATES	PILATES	IOGA	ESQUENA SANA		
18.30	19.20	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	
18.30	19.20	S1	BODYPUMP	ZUMBA	CTC	AEROBIC			
18.30	19.20	S3	MUAY THAI / KICK				MUAY THAI / KICK		
18.45	19.30	PS	AQUA CTC	AQUA CTC	AQUA CTC	AQUA CTC	AQUA CTC FAMILY		
19.00	19.15	SF	ABD 15'		ABD 15'		ABD 15'	ABD 15'	
19.00	19.50	EXT		DUET CAMP	DUET RUNNERS	DUET CAMP			
19.30	20.20	PS	AQUA CTC	AQUA CTC	AQUA CTC	AQUA CTC			
19.30	20.20	S1	BODY COMBAT	BODYPUMP	ZUMBA	BODYPUMP			
19.30	20.20	S2	BODYBALANCE	IOGA	BODYBALANCE	PILATES	IOGA		
19.30	20.20	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL		
19.30	20.20	S3	MUAY THAI / KICK						
20.00	20.50	S3		BOXEO	MUAY THAI / KICK	BOXEO			
20.30	20.45	SF	RADIKAL 20'	ABD 15'	RADIKAL 20'	ABD 15'	RADIKAL 20'		
20.30	21.20	S1	GAC	BODY COMBAT	BODYPUMP	ZUMBA			
20.30	21.20	S2	TAI TXI	MEDITACIÓ 25'	IOGA	ESTIRAMENTS 25'	MEDITACIÓ 25'		
20.30	21.20	SC	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21.00	21.50	S3		BOXEO		BOXEO			
21.30	21.45	SF	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'		
21.30	22.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		

TIPUS D'ACTIVITAT
CREMACALORIES
TONIFICA
PREVENCIÓ I RELAX
SALUT

ESPAIS
S1 SALA 1
S2 SALA2
S3 SALA 3
SC SALA CYCLING
PS PISCINA
PB PABELLÓ
SF SALA FITNESS
EXT EXTERIOR

*Duet Sports es reserva el dret de modificació d'aquest horari

*Podeu consultar aquesta informació a través de www.duetsports.com

**ACTIVITAT NO INCLOSA A LA QUOTA