

# ACTIVIDADES DIRIGIDAS DUET SPORTS PAU GASOL

Horario a partir del 23 de Noviembre de 2020



Inicio	Final		LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
<b>MATÍ</b>									
07.15	08.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
07.15	08.00	S1	BODYPUMP		ZUMBA		PILATES		
08.15	09.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08.15	08.40	PP	AQUA CTC 25'		AQUA CTC 25'		AQUA CTC 25'		
08.15	09.00	S1		GIM D'OR		ESQUENA SANA			
09.00	09.45	S2	IOGA			PILATES	GIM D'OR		
09.15	10.00	S1	CTC	ZUMBA	GIM D'OR	ZUMBA	BODYPUMP		
09.30	10.15	SC	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.00	11.45	EXT				CAMINA			
10.00	10.45	S2	PILATES			TAI-TXI	PILATES		
10.15	11.00	S1	ZUMBA	CTC	BODYPUMP		ZUMBA		
10.30	11.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.45	11.30	PP	AQUA CTC	AQUA CTC	AQUA CTC	AQUA CTC			
11.15	12.00	S1		PILATES	ZUMBA				
11.30	12.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.45	12.10	S1				ESTIRAMIENTOS 25'			
12.00	12.25	PP	AQUA CTC 25'		AQUA CTC 25'				
<b>MIGDIA</b>									
12.30	13.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13.30	14.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14.30	15.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15.30	16.15	SC	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	
15.30	16.15	S1	AEROBIC	STEP	ZUMBA	BODYPUMP			
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16.30	17.15	S1	CTC			ZUMBA	BODYPUMP		
16.45	17.10	S1		GAC 25'	BODY COMBAT 25'				
<b>TARDA</b>									
17.15	18.00	S2	ZUMBA KIDS **	PILATES	ZUMBA KIDS**	ESQUENA SANA			
17.30	18.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17.30	18.15	S1	ZUMBA	BODYPUMP	CTC	STEP	ZUMBA FAMILY		
18.15	19.00	S2	PILATES	IOGA	IOGA	PILATES			
18.30	19.15	SC	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	
18.30	19.15	S1	BODYPUMP	ZUMBA	BODYPUMP	CTC			
19.00	19.45	PS	AQUA CTC	AQUA CTC		AQUA CTC			
19.15	20.00	S2	BODY BALANCE	PILATES	ESQUENA SANA	IOGA			
19.30	20.20	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL		
19.30	20.15	S1	BODY COMBAT	BODYPUMP	AEROBIC	ZUMBA	PILATES		
20.15	21.00	S2			IOGA				
20.30	21.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
20.30	20.55	S1	GAC 25'						
20.30	21.15	S1		BODY COMBAT	ZUMBA	BODYPUMP			

18	16,5	16	20	10,5
TIPUS D'ACTIVITAT	ESPAYS			
CREMACALORIES	S1 SALA 1	PS PISCINA		
TONIFICA	S2 SALA2	PB PABELLÓ		
PREVENCIÓ I RELAX	S3 SALA 3	SF SALA FITNESS		
SALUT	SC SALA CYCLING	EXT EXTERIOR		

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

