

# ACTIVIDADES DIRIGIDAS DUET SPORTS PAU GASOL

A partir del 16 de Septiembre de 2019



| Inici         | Final |     | DILLUNS          | DIMARTS              | DIMECRES         | DIJOUS               | DIVENDRES            | DISSABTE        | DIUMENGE        |
|---------------|-------|-----|------------------|----------------------|------------------|----------------------|----------------------|-----------------|-----------------|
| <b>MATI</b>   |       |     |                  |                      |                  |                      |                      |                 |                 |
| 07.10         | 08.00 | S1  | BODYPUMP         |                      | ZUMBA            | TONIFICACION         | BODYBALANCE          |                 |                 |
| 07.10         | 08.00 | SC  | CYCLING VIRTUAL  | CYCLING              | CYCLING VIRTUAL  | CYCLING VIRTUAL      | CYCLING VIRTUAL      |                 |                 |
| 08.10         | 09.00 | S1  |                  | GIM D'OR             |                  | ESQUENA SANA         |                      |                 |                 |
| 08.10         | 09.00 | PS  | AQUA CTC         |                      | AQUA CTC         |                      | AQUA CTC             |                 |                 |
| 08.30         | 09.15 | SC  | CYCLING VIRTUAL  | CYCLING VIRTUAL      | CYCLING VIRTUAL  | CYCLING VIRTUAL      | CYCLING VIRTUAL      | CYCLING VIRTUAL |                 |
| 09.00         | 09.15 | SF  |                  |                      |                  |                      |                      | ABD 15'         |                 |
| 09.00         | 09.25 | S2  | ESTIRAMENTS 25'  |                      |                  |                      | ESTIRAMENTS 25'      |                 |                 |
| 09.00         | 09.25 | S1  |                  | ESQUENA SANA 25'     | ESTIRAMENTS 25'  | PILATES 25'          |                      |                 |                 |
| 09.30         | 10.20 | S1  | CTC              | 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 | SF  |                  |                      |                  | WALKING 25'          |                      |                 |                 |
| 10.00         | 10.25 | S1  |                  |                      | GAC 25'          |                      |                      |                 |                 |
| 10.30         | 10.55 | S1  |                  | BODYCOMBAT 25'       |                  |                      |                      |                 |                 |
| 10.30         | 11.20 | S1  | STEP             |                      | BODYPUMP         | CTC                  |                      | ZUMBA FAMILY    |                 |
| 10.30         | 11.20 | S2  | MEDITACIO 25'    | QI GONG 25'          | ESQUENA SANA     | QI GONG 25'          | PILATES              |                 |                 |
| 10.30         | 11.20 | SC  | CYCLING VIRTUAL  | CYCLING VIRTUAL      | CYCLING VIRTUAL  | CYCLING              | CYCLING VIRTUAL      | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 10.30         | 11.20 | S3  | MUAY THAI / KICK | BOXEO                | MUAY THAI / KICK |                      |                      |                 |                 |
| 10.30         | 10.45 | SF  | ABD 15'          |                      | WALKING 25'      | RADIKAL 20'          | ABD 15'              | RADIKAL 20'     | ABD 15'         |
| 10.30         | 11.20 | PS  | AQUA CTC         | AQUA CTC             | AQUA CTC         | AQUA CTC             | AQUA CTC             |                 |                 |
| 11.00         | 11.25 | S1  |                  | DUET CARDIO HIIT 25' |                  |                      |                      |                 |                 |
| 11.00         | 11.50 | S2  | ESQUENA SANA     | TAI TXI              |                  | TAI TXI              |                      |                 |                 |
| 11.30         | 12.20 | S2  |                  |                      | QI GONG 25'      |                      | 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  |                  | ABD 15'              | ABD 15'          | ABD 15'              | RADIKAL 20'          | RADIKAL 20'     | RADIKAL 20'     |
| <b>MIGDIA</b> |       |     |                  |                      |                  |                      |                      |                 |                 |
| 12.00         | 12.25 | PS  | AQUA CTC 25'     |                      | AQUA CTC 25'     |                      |                      |                 |                 |
| 12.30         | 13.20 | SC  | CYCLING VIRTUAL  | CYCLING VIRTUAL      | CYCLING VIRTUAL  | CYCLING VIRTUAL      | CYCLING VIRTUAL      | CYCLING VIRTUAL | 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'          | RADIKAL 20'          | ABD 15'          |                      | 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 |                 |
| 15.00         | 15.25 | S1  |                  |                      |                  | ESTIRAMENTS 25'      |                      |                 |                 |
| 15.30         | 16.00 | PS  |                  | AQUA EXPRESS         |                  | AQUA EXPRESS         |                      |                 |                 |
| 15.30         | 15.45 | SF  | RADIKAL 20'      | ABD 15'              | RADIKAL 20'      | ABD 15'              | ABD 15'              | ABD 15'         |                 |
| 15.30         | 16.20 | SC  | CYCLING          | CYCLING VIRTUAL      | CYCLING          | CYCLING VIRTUAL      | CYCLING VIRTUAL      | CYCLING VIRTUAL |                 |
| 15.30         | 16.20 | S1  | AEROBIC          | STEP                 | ZUMBA            | BODYPUMP             | DUET CARDIO HIIT 25' |                 |                 |
| 16.00         | 16.25 | S1  |                  |                      |                  |                      | ESTIRAMENTS 25'      |                 |                 |
| 16.30         | 16.45 | SF  | ABD 15'          | ABD 15'              | ABD 15'          | GAC 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         | 17.25 | S1  |                  | BODYCOMBAT 25'       | GAC 25'          |                      |                      |                 |                 |
| <b>TARDA</b>  |       |     |                  |                      |                  |                      |                      |                 |                 |
| 17.30         | 18.20 | SC  | CYCLING VIRTUAL  | CYCLING              | CYCLING VIRTUAL  | CYCLING VIRTUAL      | CYCLING VIRTUAL      | CYCLING VIRTUAL |                 |
| 17.30         | 18.20 | S2  |                  | IOGA SALUT           |                  | IOGA SALUT           | IOGALATES            |                 |                 |
| 17.30         | 17.45 | SF  | RADIKAL 20'      | ABD 15'              | RADIKAL 20'      | ABD 15'              | RADIKAL 20'          | ABD 15'         |                 |
| 17.30         | 18.20 | S1  | ZUMBA            | CTC                  | BODYPUMP         | STEP                 | ZUMBA FAMILY         |                 |                 |
| 18.30         | 18.50 | SF  | ABD 15'          | RADIKAL 20'          | ABD 15'          | RADIKAL 20'          | ABD 15'              | ABD 15'         |                 |
| 18.30         | 19.20 | S2  | PILATES          | IOGALATES            | PILATES          | IOGALATES            | IOGA SALUT           |                 |                 |
| 18.30         | 19.20 | SC  | CYCLING          | CYCLING              | CYCLING          | CYCLING              | CYCLING              | CYCLING VIRTUAL |                 |
| 18.30         | 19.20 | S1  | BODYPUMP         | ZUMBA                | AEROBIC          | CTC                  |                      |                 |                 |
| 18.30         | 19.20 | S3  | MUAY THAI / KICK |                      | MUAY THAI / KICK |                      | MUAY THAI / KICK     |                 |                 |
| 18.30         | 19.20 | PS  | AQUA CTC         | AQUA CTC             | AQUA CTC         | AQUA CTC             | AQUA CTC FAMILY      |                 |                 |
| 19.00         | 19.50 | EXT |                  | DUET CAMP            |                  | 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      | IOGALATES            | IOGA                 |                 |                 |
| 19.30         | 20.20 | SC  | CYCLING          | CYCLING              | CYCLING          | CYCLING              | CYCLING VIRTUAL      |                 |                 |
| 19.30         | 20.20 | S3  | MUAY THAI / KICK |                      | MUAY THAI / KICK |                      |                      |                 |                 |
| 20.00         | 20.50 | S3  |                  | BOXEO                |                  | 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  |                  | MEDITACIO 25'        | IOGA             | ESTIRAMENTS 25'      | MEDITACIO 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          |
| PREVENÇIO I RELAX |
| SALUT             |

|                 |
|-----------------|
| ESPAIS          |
| S1 SALA 1       |
| S2 SALA2        |
| S3 SALA 3       |
| SC SALA CYCLING |
| PS PISCINA      |
| PB PABELLO      |
| 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](http://www.duetsports.com)



\*\*ACTIVITAT NO INCLOSA A LA QUOTA