

ACTIVIDADES DIRIGIDAS DUET SPORTS PAU GASOL



Horario a partir del 14 de septiembre de 2020

Inicio	Final		LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
MATÍ									
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	09.00	PS	AQUA CTC		AQUA CTC		AQUA CTC		
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	11.00	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	PS	AQUA CTC	AQUA CTC	AQUA CTC	AQUA CTC			
11.15	12.00	S1		PILATES	ZUMBA	CTC			
11.30	12.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12.00	12.25	PS	AQUA CTC 25'		AQUA CTC 25'				
MIGDIA									
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		
TARDA									
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	PILATES	IOGA	ESQUENA SANA			
18.30	19.15	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	
18.30	19.15	S1	BODYPUMP	ZUMBA	BODYPUMP	CTC			
19.00	19.45	PS	AQUA CTC	AQUA CTC		AQUA CTC	AQUA CTC FAMILY		
19.15	20.00	S2	BODY BALANCE	IOGA	ESQUENA SANA	PILATES			
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		ESQUENA SANA	IOGA	IOGA			
20.30	21.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
20.30	21.15	S1	GAC	BODY COMBAT	ZUMBA	BODYPUMP			
21.30	22.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		

19,5	16	15,5
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

18 12
 *Duet Sports es reserva el dret de modificació d'aquest horari.
 *Podeu consultar aquesta informació a través de www.duetsports.com

