

# ACTIVITATS DIRIGIDES DUET SPORTS PAU GASOL

Horari del 21 de Desembre 2020 al 10 de Gener 2021



Inici	Fi		DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
<b>MATÍ</b>									
07.15	08.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
07.15	08.00	S1							
08.15	09.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08.15	08.40	PP							
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 VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.00	11.45	EXT							
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			
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							
12.00	12.25	PP	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	PILATES	IOGA	PILATES			
18.30	19.15	SC	CYCLING VIRTUAL	CYCLING	CYCLING	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			
19.15	20.00	S2	BODY BALANCE		ESQUENA SANA	PILATES			
19.30	20.20	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	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			

TIPUS D'ACTIVITAT	ESP AIS	
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

