

ACTIVIDADES DIRIGIDAS DUET SPORTS PAU GASOL

Del 2 al 15 de septiembre de 2019



Inici	Final		DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATI									
07.10	08.00	S1	BODYPUMP		ZUMBA	TONIFICACIÓ	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	BODYBALANCE 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			AQUA CTC FAMILY	
09.30	10.20	PS							
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	MEDITACIÓ 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'
MIGDIA									
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					
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	17.20	S1		BODYCOMBAT 25'	GAC 25'				
T A R D A									
17.30	18.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17.30	18.20	S2		ESQUENA SANA		ESQUENA SANA	PILATES		
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	PILATES	PILATES	IOGA	ESQUENA SANA		
18.30	19.20	SC	CYCLING VIRTUAL	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			
19.00	19.50	EXT				DUET CAMP			
19.30	20.20	PS	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		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		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