

ACTIVITATS DIRIGIDES DUET SPORTS PAU GASOL



Horari a partir del 20 de setembre de 2021

Inici	Fi		DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATI									
07.15	08.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
07.15	08.00	S1	BODYPUMP	PILATES	ZUMBA				
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		ESQUENA SANA	GIM D'OR	CTC			
09.00	09.45	S2	BODY BALANCE		BODY BALANCE	PILATES	GIM D'OR		
09.15	10.00	S1	CTC	ZUMBA	CTC	ZUMBA	BODYPUMP		
09.30	10.15	SC	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.00	10.45	S2	PILATES		ESQUENA SANA	TAI-TXI	PILATES		
10.15	11.00	S1	ZUMBA	CTC	BODYPUMP	CTC	ZUMBA		
10.30	11.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.00	11.45	PS	AQUA CTC - grande	AQUA CTC	AQUA CTC - grande	AQUA CTC			
11.00	11.25	S1	GAC 25'						
11.00	11.25	S2	TAI-TXI			BODY BALANCE			
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
12.15	12.40	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	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	
15.30	16.15	S1		ZUMBA	STEP	BODYPUMP			
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16.30	17.15	S1	CTC	CTC	CTC	ZUMBA	BODYPUMP		
16.30	17.00	PS				AQUA CTC 25'			
17.15	18.00	S2		ESQUENA SANA		ESQUENA SANA	PILATES		
17.30	18.20	SC	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17.30	18.15	S1	ZUMBA	BODYPUMP	CTC	STEP	ZUMBA		
18.15	19.00	S2	PILATES	IOGA	PILATES	IOGA - BÀSIC	ESQUENA SANA		
18.30	18.55	EXT	DUET CAMP 25'		DUET CAMP 25'	DUET CAMP 25'			
18.30	19.15	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	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	AQUA CTC		
19.00	19.25	EXT	DUET CAMP 25'						
19.15	20.00	S2	BODY BALANCE	PILATES	BODY BALANCE	PILATES	IOGA		
19.30	20.15	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL		
19.30	20.15	S1	BODY COMBAT	BODYPUMP	AEROBIC	ZUMBA			
19.45	20.15	PS	AQUA CTC 25'	AQUA CTC 25'	AQUA CTC 25'	AQUA CTC 25'			
20.15	21.00	S2							
20.30	21.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
20.30	21.15	S1	GAC	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

