

Activitats Dirigides Duet Sports Tiana



ago-21

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
M A T Í									
07.15	08.00	S2	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
08.15	09.00	PS		AIGUAGIM		AIGUAGIM			
08.15	09.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08.30	09.15	PS					AIGUAGIM		
09.00	09.45	PS	AIGUAGIM		AIGUAGIM				
09.15	10.00	S2	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
09.30	10.15	S1	CTC	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA		
10.00	10.15	SF	ABDOMINALS 15'		ABDOMINALS 15'		ABDOMINALS 15'	ABDOMINALS 15'	
10.15	10.30	SF		GAC 15'		GAC 15'			
10.15	11.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.30	11.00	S1		ESTIRAMENTS 30'		ESTIRAMENTS 30'			
11.15	12.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.15	11.30	SF	ESTIRAMENTS 15'	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'	ESTIRAMENTS 15'		
12.15	12.30	SF						ABDOMINALS 15'	GAC 15'
12.15	13.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12.30	12.45	SF						ESTIRAMENTS 15'	ESTIRAMENTS 15'
M I G D I A									
13.30	14.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14.30	15.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
15.30	16.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
T A R D A									
17.00	17.45	PS		AIGUAGIM		AIGUAGIM			
17.00	17.45	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17.30	17.45	SF	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'		
18.00	18.45	S1	BODY PUMP		BODY PUMP				
18.15	19.00	S1					BODY PUMP		
18.15	19.00	S2	ZUMBA	CYCLING	ESQUENA SANA	CYCLING		CYCLING VIRTUAL	
18.30	18.45	SF						ABDOMINALS 15'	
19.00	19.15	SF	GAC 15'	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'	ABDOMINALS 15'	ESTIRAMENTS 15'	
19.00	19.45	S1			BODY COMBAT				
19.15	20.00	S1		ZUMBA					
19.15	20.00	S2	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
20.00	20.15	SF	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'		
20.15	21.00	S1		GAC 45'					
20.15	21.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21.00	21.15	SF	ABDOMINALS 15'	ESTIRAMENTS 15'	ABDOMINALS 15'	ESTIRAMENTS 15'			

TIPUS D'ACTIVITAT
CREMA CALORIES
TONIFICACIÓ
PREVENCIÓ I RELAX
SALUT

ESPAIS ESPORTIUS
S1 SALA 1
S2 SALA 2
PS PISCINA
SF SALA DE FITNESS

*Les AADD Xpress poden quedar alterades segons la disponibilitat del tècnic de Fitness
DUET SPORTS es reserva el dret de modificació d'aquest horari.