

Activitats Dirigides Duet Sports Tiana

A partir del 6 de setembre de 2021

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
M A T Í									
07.15	08.00	S1		CTC		BODY PUMP	DUET BOXING		
07.15	08.00	S2	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
08.00	08.15	SF	ABDOMINALS 15'	ESTIRAMENTS 15'	ABDOMINALS 15'	ESTIRAMENTS 15'			
08.15	09.00	S1			BODY PUMP				
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		AIGUAGIM		AIGUAGIM		
09.15	10.00	S2	CYCLING	IOGA	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
09.30	10.15	PS	AIGUAGIM		AIGUAGIM				
09.30	10.15	S1	CTC	BODY PUMP	ZUMBA	BODY COMBAT	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	PILATES	CYCLING VIRTUAL	ESQUENA SANA	IOGA	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.30	11.15	S1	ZUMBA	BODY COMBAT	CTC	BODY PUMP	PILATES		
10.30	11.15	PS						AIGUAGIM	
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'		
11.15	12.00	S1						BODY PUMP	
11.30	12.15	S1		TAI-TXI		TAI-TXI			
12.15	12.30	SF						ABDOMINALS 15'	GAC 15'
12.15	13.00	S1						ZUMBA	
12.15	13.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
12.30	12.45	SF						ESTIRAMENTS 15'	ESTIRAMENTS 15'
12.30	13.15	S2						CYCLING	
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	
14.30	14.45	S2	GAC 15'	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'			
15.30	16.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
T A R D A									
16.30	16.45	SF						ABDOMINALS 15'	
16.30	17.15	PS		AIGUAGIM		AIGUAGIM			
17.00	17.45	S1	ESQUENA SANA		IOGA		IOGA		
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	PILATES			
18.15	19.00	S1		BODY COMBAT			BODY PUMP		
18.15	19.00	S2	ZUMBA	CYCLING	ESQUENA SANA	CYCLING	CYCLING VIRTUAL	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	DUET BOXING		BODY COMBAT	BODY PUMP			
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'		
20.00	20.45	S1	BODY COMBAT		DUET BOXING	ZUMBA			
20.15	21.00	S1		GAC 45'			GAC 45'		
20.15	21.00	S2	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
21.00	21.15	SF	ABDOMINALS 15'	ESTIRAMENTS 15'	ABDOMINALS 15'	ESTIRAMENTS 15'			
21.15	22.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		

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.