

Activitats Dirigides Duet Sports Tiana

Del 2 al 29 de setembre

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
M A T Í									
07.15	08.05	S1		DUET CARDIOHIIT		BODY PUMP			
07.15	08.00	S2	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
07.15	07.30	SF					ABDOMINALS 15'		
07.30	07.50	SF	FREE FIT						
08.00	08.15	SF	GAC 15'	ABDOMINALS 15'	ESTIRAMENTS 15'	GAC 15'			
08.15	09.00	S2	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08.15	09.00	PS		AIGUAGIM		AIGUAGIM			
08.30	09.20	S1	PILATES		IOGA	ZUMBA	ESQUENA SANA		
08.30	09.15	S2		CYCLING					
09.15	10.00	PS	AIGUAGIM		AIGUAGIM		AIGUAGIM	AIGUAGIM	
09.30	10.20	S1	CTC	BODY PUMP	ZUMBA	IOGA	ZUMBA		
09.30	10.20	S2	CYCLING	PILATES	CYCLING	BODY PUMP	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
10.15	10.30	SF	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'		ABDOMINALS 15'	GAC 15'	
10.30	10.45	SF		GAC 15'	FREE FIT	GAC 15'			ESTIRAMENTS 15'
10.30	11.20	S1	ZUMBA	IOGA	ESQUENA SANA	DUET BOXING	CTC	BODY COMBAT	
10.30	11.20	S2	ESQUENA SANA	BODY COMBAT	BODY PUMP	PILATES	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.45	11.30	PS	AIGUAGIM		AIGUAGIM		AIGUAGIM		
11.30	12.20	S1		TAI-TXI		TAI-TXI		BODY PUMP	
11.30	12.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	11.45	SF	GAC 15'		GAC 15'				
11.45	12.00	SF						ABDOMINALS 15'	ABDOMINALS 15'
12.30	13.20	S1						ZUMBA	
12.30	13.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
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	15.20	S1		ZUMBA	PILATES	ZUMBA			
14.30	15.20	S2	CYCLING	BODY PUMP	CYCLING	BODY PUMP	CYCLING	CYCLING VIRTUAL	
T A R D A									
15.30	16.15	PS		AIGUAGIM		AIGUAGIM			
15.30	16.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16.30	17.15	S2						CYCLING VIRTUAL	
17.00	17.50	S1			IOGA		IOGA		
17.00	17.45	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17.00	17.15	SF		ESTIRAMENTS 15'		ESTIRAMENTS 15'			
17.30	18.15	S2						CYCLING VIRTUAL	
18.00	18.50	S1	BODY PUMP	BODY COMBAT	ZUMBA	DUET BOXING	BODY PUMP		
18.00	18.50	S2	PILATES	CYCLING	PILATES	ESQUENA SANA	DUET CARDIOHIIT		
18.00	18.15	SF			GAC 15'	FREE FIT	FREE FIT		
18.15	18.30	SF	GAC 15'		ABDOMINALS 15'				
18.30	19.15	S2						CYCLING VIRTUAL	
19.00	19.45	PS	AIGUAGIM		AIGUAGIM		AIGUAGIM		
19.00	19.50	S1	BODY COMBAT	ZUMBA	DUET CARDIOHIIT	BODY PUMP	BODY COMBAT		
19.00	19.45	S2	CYCLING		CYCLING		CYCLING		
19.15	19.30	SF		GAC 15'	ESTIRAMENTS 15'	GAC 15'			
19.30	20.15	S2		CYCLING		CYCLING			
19.45	20.00	SF	ABDOMINALS 15'		ABDOMINALS 15'		GAC 15'		
20.00	20.50	S1	DUET CARDIOHIIT	DUET BOXING	BODY COMBAT	ZUMBA			
20.00	20.45	S2	CYCLING		CYCLING				
20.15	20.30	SF		ABDOMINALS 15'		ABDOMINALS 15'			
20.30	21.15	S2		CYCLING VIRTUAL		CYCLING VIRTUAL			
21.00	21.45	S1			DUET BOXING				
21.00	21.45	S2	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
21.30	22.15	S2		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
EXT EXTERIOR

DUET SPORTS es reserva el dret de modificació d'aquest horari.

*Les AADD Xpress poden quedar alterades segons la disponibilitat del tècnic de Fitness