

# Activitats Dirigides Duet Sports Tiana

Del 31 de desembre al 31 de març

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
<b>M A T Í</b>									
07.15	08.00	S2	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
07.15	07.30	SF/PS					AQUA FUNCIONAL 20'		
07.15	08.05	S1	DUET CARDIOHITT		BODYPUMP				
08.15	09.00	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
08.15	09.00	PS		AIGUAGIM		AIGUAGIM			
08.30	09.20	S1	PILATES		IOGA		ESQUENA SANA		
09.15	10.00	PS	AIGUAGIM		AIGUAGIM		AIGUAGIM	AIGUAGIM	
09.30	9.45	SF				ABDOMINALS 15'	ESTIRAMENTS 15'	FREE FIT	
09.30	10.20	S1	CTC	BODY PUMP	ZUMBA	IOGA	ZUMBA		
09.30	10.20	S2	CYCLING	CYCLING	CYCLING	BODY PUMP	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
10.15	10.30	SF	ABDOMINALS 15'		ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	ABDOMINALS 15'	RADIKAL 20'
10.30	10.45	SF	FREE FIT	ABDOMINALS 15'	FREE FIT		FREE FIT		ABDOMINALS 15'
10.30	11.20	S2	CYCLING VIRTUAL	GAC 30'	ESQUENA SANA	PILATES	CYCLING VIRTUAL		CYCLING VIRTUAL
10.30	11.20	S1	ZUMBA	IOGA	BODY PUMP	DUET BOXING	CTC	BODY COMBAT	
10.45	11.30	PS	AIGUAGIM		AIGUAGIM		AIGUAGIM		
11.00	11.30	S2		ESTIRAMENTS 30'					
11.15	11.30	SF	ESTIRAMENTS 15'				ESTIRAMENTS 15'	ESTIRAMENTS 15'	ESTIRAMENTS 15'
11.30	12.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	12.20	S1		TAI-TXI		TAI-TXI		BODY PUMP	
11.30	11.45	SF						ABDOMINALS 15'	FREE FIT
12.30	13.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
12.30	13.20	S1						ZUMBA	
<b>M I G D I A</b>									
13.30	13.45	SF/PS	AQUA FUNCIONAL 20'		ABDOMINALS 15'				
13.30	14.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
14.00	14.15	SF		FREE FIT		RADIKAL 20'			
14.30	15.20	S2	CYCLING	BODY PUMP	CYCLING	BODY PUMP	CYCLING	CYCLING VIRTUAL	
14.30	15.20	S1		ZUMBA	PILATES	ZUMBA			
<b>T A R D A</b>									
15.30	16.15	PS		AIGUAGIM		AIGUAGIM			
15.30	16.15	S2	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
16.30	17.15	S2	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	
17.00	17.50	S1		ESQUENA SANA	IOGA		IOGA		
17.00	17.45	S2		CYCLING VIRTUAL		CYCLING VIRTUAL			
17.30	18.00	S1				PILATES 30'		CYCLING VIRTUAL	
17.30	17.45	SF	ESTIRAMENTS 15'	FREE FIT	ABDOMINALS 15'	FREE FIT	ABDOMINALS 15'		
18.00	18.50	S1	GAC 30'	BODY COMBAT	ZUMBA	DUET BOXING	DUET CARDIOHITT		
18.00	18.50	S2	PILATES	BODY PUMP	GAC 30'	ESQUENA SANA	BODY PUMP		
18.30	18.45	SF	ABDOMINALS 15'	ESTIRAMENTS 15'	ABDOMINALS 15'	RADIKAL 20'			
18.30	19.00	S1	BODY PUMP 30'						
18.30	19.15	S2			BODY PUMP 30'			CYCLING VIRTUAL	
19.00	19.45	PS	AIGUAGIM		AIGUAGIM	BODY PUMP	AIGUAGIM		
19.00	19.50	PS				DUET SWIMMERS	DUET SWIMMERS		
19.00	19.50	S1	BODY COMBAT	ZUMBA	DUET CARDIOHITT		BODY COMBAT		
19.00	19.15	SF	FREE FIT	ABDOMINALS 15'		ABDOMINALS 15'			
19.00	19.45	S2	CYCLING	GAC 30'	CYCLING	GAC 30'	CYCLING		
19.15	19.30	SF			ESTIRAMENTS 15'				
19.30	20.15	S2		CYCLING		CYCLING			
19.45	20.00	SF	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	DST	ABDOMINALS 15'		
20.00	20.45	S2	CYCLING		CYCLING				
20.00	20.50	S1	BODY PUMP	DUET BOXING	BODY COMBAT	ZUMBA			
20.15	20.30	SF	ESTIRAMENTS 15'	ABDOMINALS 15'		ABDOMINALS 15'			
20.30	21.15	S2		CYCLING		CYCLING			
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

**ESP AIS ESPORTIUS**

S1 SALA 1

S2 SALA 2

PS PISCINA

SF SALA DE FITNESS

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

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