ACTIVITATS DIRIGIDES DUET FIT VIA AUGUSTA

Vigència: A PARTIR DEL 26 DE JUNY DE 2017

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	Espai	Inici	Final
MATÍ												
07.00	07.15	XPRESS	ABD'15	FREE FIT'20	ABD'15	FREE FIT'20	ABD'15			XPRESS	07.00	07.15
07.00	08.00	SCY		CYCLING VIRTUAL		CYCLING VIRTUAL				SCY	07.00	08.00
07.00	08.00	S1		BODY PUMP		BODY PUMP				S1	07.00	08.00
07.00	07.45	SCY								SCY	07.00	07.45
07.15	08.00	SCY	CYCLING		CYCLING		CYCLING			SCY	07.15	08.00
07.15	08.15	S1								S1	07.15	08.15
07.15	08.15	SALA 40			PILATES 40º					SALA 40	07.15	08.15
08.00	08.45	SALA 1								S1	08.00	08.45
08.00	09.00	S2								S2	08.00	09.00
08.00	08.45	SCY								SCY	08.00	08.45
08.00	09.00	S1			BODY COMBAT					S1	08.00	09.00
08.00	09.00	SCY			CYCLING VIRTUAL		CYCLING VIRTUAL			SCY	08.00	09.00
08.15	09.15	S1	BODY PUMP							S1	08.15	09.15
08.15	08.30	XPRESS	ABD'15	DUET SUSPENSIÓ TR'15	RADIKAL'20	ABD'15	DUET SUSPENSIÓ TR'15			XPRESS	08.15	08.30
08.15	09.15	S2	PILATES			IOGA				S2	08.15	09.15
08.15	09.00	SCY		CYCLING		CYCLING				SCY	08.15	09.00
08.15	09.00	S1		GAP			GAP			S1	08.15	09.00
08.15	09.15	SCY	CYCLING VIRTUAL							SCY	08.15	09.15
09.00	10.00	SALA 40		IOGA 40º						SALA 40	09.00	10.00
09.00	10.00	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			SCY	09.00	10.00
09.15	09.30	XPRESS	RADIKAL'20	ABD'15	ABD'15	DUET SUSPENSIÓ TR'15	RADIKAL'20	ABD'15	ABD'15	XPRESS	09.15	09.30
09.15	10.15	SCY	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL	SCY	09.15	10.15
09.30	10.30	SALA 40				PILATES 40º				SALA 40	09.30	10.30
09.30	10.30	S1	ZUMBA	BODY COMBAT						S1	09.30	10.30
09.45	10.45	S1					BODY PUMP			S1	09.45	10.45
09.30	10.30	SALA 40			IOGA 40º					SALA 40	09.30	10.30
09.45	10.45	SALA 40								SALA 40	09.45	10.45
10.30	11.15	S1								S1	10.30	11.15
10.00	11.00	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			SCY	10.00	11.00
10.00	11.00	S1			BODY PUMP			BODY PUMP		S1	10.00	11.00
10.00	11.00	SALA 40								SALA 40	10.00	11.00
10.15	10.30	XPRESS						RADIKAL'20	RADIKAL'20	XPRESS	10.15	10.30
10.15	11.15	S1								S1	10.15	11.15
10.15	11.15	SCY	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL	SCY	10.15	11.15
10.30	11.30	S1	BODY PUMP							S1	10.30	11.30
10.30	11.30	S2		PILATES						S2	10.30	11.30
11.00	12.00	SALA 40						IOGA 40º		SALA 40	11.00	12.00
11.00	12.00	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			SCY	11.00	12.00
11.00	12.00	S1								S1	11.00	12.00
11.15	11.30	XPRESS	FREE FIT'20	RADIKAL'20	ABD'15	STRECHING '15	DUET SUSPENSIÓ TR'15	ABD'15	ABD'15	XPRESS	11.15	11.30
11.15	12.00	SCY						CYCLING		SCY	11.15	12.00
11.15	12.15	SCY	CYCLING VIRTUAL						CYCLING VIRTUAL	SCY	11.15	12.15
11.15	12.15	SALA 40								SALA 40	11.15	12.15
11.30	11.45	XPRESS								XPRESS	11.30	11.45
12.00	13.00	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			SCY	12.00	13.00
12.15	12.15	XPRESS	FREE FIT'20	ABD'15	ABD'15	FREE FIT'20	ABD'15	FREE FIT'20	FREE FIT'20	XPRESS	12.15	12.15
MIGDIA												
12.15	13.15	SCY	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL	SCY	12.15	13.15
13.00	14.00	SCY		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			SCY	13.00	14.00
13.15	13.30	XPRESS	RADIKAL'20	ABD'15	DUET SUSPENSIÓ TR'15	RADIKAL'20	ABD'15			XPRESS	13.15	14.15
13.15	14.15	SCY	CYCLING VIRTUAL					CYCLING VIRTUAL	CYCLING VIRTUAL	SCY	13.15	14.15
13.45	14.30	S2								S2	13.45	14.30
13.45	14.30	S1								S1	13.45	14.30
14.00	14.20	XPRESS	RADIKAL'20	RADIKAL'20	FREE FIT'20	FREE FIT'20	RADIKAL'20			XPRESS	14.00	14.20
14.00	14.30	SALA 40					CORE 40º			SALA 40	14.00	14.30
14.00	14.45	S1			BODY PUMP	CTC				S1	14.00	14.45
14.00	14.45	S2	BODY ATTACK							S2	14.00	14.45
14.00	15.00	SALA 40	IOGA 40º							SALA 40	14.00	15.00
14.15	14.45	SALA 40			CORE 40º					SALA 40	14.15	14.45
14.15	15.00	SCY			CYCLING	CYCLING				SCY	14.15	15.00
14.15	15.00	S1	BODY PUMP	STEP						S1	14.15	15.00
14.15	15.00	S2					ZUMBA			S2	14.15	15.00
14.15	15.15	SALA 40		IOGA 40º						SALA 40	14.15	15.00
14.15	15.15	EXT								EXT	14.15	15.15
14.15	15.15	SCY						CYCLING VIRTUAL		SCY	14.15	15.15
14.30	14.45	XPRESS	RADIKAL'20	DUET SUSPENSIÓ TR'15	RADIKAL'20	ABD'15	RADIKAL'20			XPRESS	14.30	14.45
14.30	15.15	SCY	CYCLING	CYCLING						SCY	14.30	15.15
14.30	15.15	S1					BODY PUMP			S1	14.30	15.15
14.30	15.15	S2		BODY COMBAT	GAP	PILATES				S2	14.30	15.15
14.30	15.30	SALA 40				IOGA 40º				SALA 40	14.30	15.30
14.45	15.30	S2	GAP							S2	14.45	15.30
14.45	15.45	SALA 40					IOGA 40º			SALA 40	14.45	15.45
14.45	15.30	S1			CTC					S1	14.45	15.30
15.00	15.15	XPRESS	ABD'15	ABD'20	ABD'15	RADIKAL'20	ABD'15			XPRESS	15.00	15.15
15.00	15.45	S1	BODY COMBAT	BODY PUMP		BODY PUMP				S1	15.00	15.45
15.00	15.45	SALA 40			PILATES 40º					SALA 40	15.00	15.45
15.00	15.45	S2					PILATES			S2	15.00	15.45
15.15	16.00	S2			ZUMBA	BODY COMBAT				S2	15.15	16.00
15.15	16.00	SALA 40	PILATES 40º	GAP						SALA 40	15.15	16.00
15.15	16.15	SCY			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		SCY	15.15	16.15
15.30	16.30	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL						SCY	15.30	16.30
16.00	17.00	SCY					CYCLING VIRTUAL			SCY	16.00	17.00
16.15	17.15	XPRESS						RADIKAL'20		XPRESS	16.15	17.15
16.15	17.15	SCY			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		SCY	16.15	17.15
16.30	17.30	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL						SCY	16.30	17.30
TARDA												
17.00	18.00	SCY					CYCLING VIRTUAL			SCY	17.00	18.00
17.15	17.30	XPRESS						ABD'15		XPRESS	17.15	17.30
17.15	18.15	SCY			CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL		SCY	17.15	18.15
17.30	18.15	S1	BODY PUMP							S1	17.30	18.15
17.30	18.15	S2								S2	17.30	18.15
17.45	18.30	S2								S2	17.45	18.30
18.00	18.15	XPRESS	FREE FIT'20	ABD'15	ABD'15	FREE FIT'20	DUET SUSPENSIÓ TR'15			XPRESS	18.00	18.15
18.00	18.45	S1				BODY PUMP				S1	18.00	18.45
18.00	18.45	SCY								SCY	18.00	18.45
18.00	19.00	SCY					CYCLING VIRTUAL			SCY	18.00	19.00
18.15	18.30	XPRESS						RADIKAL'20		XPRESS	18.15	18.30
18.15	19.00	S2	GLAM DANCE							S2	18.15	19.00
18.15	18.45	SALA 40								SALA 40	18.15	18.45
18.15	19.00	S1	BODY COMBAT	GAP	CTC					S1	18.15	19.00
18.15	19.15	SCY				CYCLING VIRTUAL				SCY	18.15	19.15
18.15	18.45	SALA 40			PILATES 40º					SALA 40	18.15	18.45
18.30	19.15	SCY			CYCLING					SCY	18.30	19.15
18.30	19.15	S2		PILATES	BODY COMBAT					S2	18.30	19.15
18.30	19.30	SALA 40		IOGA 40º						SALA 40	18.30	19.30
18.30	19.15	S1					GAP			S1	18.30	19.15
18.45	19.30	S1				CTC				S1	18.45	19.30
18.45	19.30	SCY								SCY	18.45	19.30
18.45	19.30	S2	CYCLING			ZUMBA				S2	18.45	19.30
19.00	19.15	XPRESS	ABD'15	RADIKAL'20	ABD'15	DUET SUSPENSIÓ TR'15	ABD'15			XPRESS	19.00	19.15
19.00	19.45	S1			ZUMBA					S1	19.00	19.45
19.00	19.45	S1	CTC	ZUMBA						S1	19.00	19.45
19.00	19.45	S2					BODY COMBAT			S2	19.00	19.45
19.00	19.45	SALA 40								SALA 40	19.00	19.45
19.00	20.00	SALA 40	IOGA 40º							SALA 40	19.00	20.00
19.00	19.45	SCY		CYCLING						SCY	19.00	19.45
19.15	20.00	S2	PILATES	CTC	IOGA					S2	19.15	20.00
19.15	20.00	SCY					CYCLING			SCY	19.15	20.00
19.15	20.15	SALA 40				IOGA 40º				SALA 40	19.15	20.15
19.15	20.00	S1					BODY PUMP			S1	19.15	20.00
19.30	20.15	S1				STEP				S1	19.30	20.15
19.30	20.15	SCY				CYCLING				SCY	19.30	20.15
19.45	20.30	S1	ZUMBA		BODY ATTACK					S1	19.45	20.30
19.45	20.30	S2				BODY COMBAT				S2	19.45	20.30
19.45	20.30	SCY	CYCLING		CYCLING					SCY	19.45	20.30
20.00	20.15	XPRESS	RADIKAL'20	ABD'15	FREE FIT'20	ABD'15	RADIKAL'20			XPRESS	20.00	20.15
20.00	20.45	S1		BODY PUMP			BODY ATTACK			S1	20.00	20.45
20.00	20.45	SCY		CYCLING						SCY	20.00	20.45
20.00	20.45	SALA 40		PILATES 40º						SALA 40	20.00	20.45
20.00	20.45	S2	BODY ATTACK		GAP					S2	20.00	20.45
20.00	21.00	SALA 40			IOGA 40º		IOGA 40º			SALA 40	20.00	21.00
20.15	21.00	S1				BODY PUMP				S1	20.15	21.00
20.15	21.00	S2		BODY COMBAT						S2	20.15	21.00
20.15	21.15	SALA 40	IOGA 40º							SALA 40	20.15	21.15
20.15	21.00	SCY								SCY	20.15	21.00
20.15	21.15	SCY					CYCLING VIRTUAL			SCY	20.15	21.15
20.30	21.15	S1	BODY PUMP		BODY PUMP					S1	20.30	21.15
20.30	21.15	S2				PILATES				S2	20.30	21.15
20.30	21.30	SCY				CYCLING VIRTUAL				SCY	20.30	21.30
20.45	21.30	S2	GAP							S2	20.45	21.30
20.45	21.45	S1								S1	20.45	21.45
20.45	21.45	SCY			CYCLING VIRTUAL					SCY	20.45	21.45
21.00	21.45	S2								S2	21.00	21.45
21.00	21.15	XPRESS	FREE FIT'20	ABD'15	RADIKAL'20	FREE FIT'20				XPRESS	21.00	21.15
21.00	21.45	S1		GAP						S1	21.00	21.45
21.00	22.00	SCY	CYCLING VIRTUAL	CYCLING VIRTUAL						SCY	21.00	22.00
			ESPAIS	SALA 1	SALA 2	CYCLING	SALA FUNCIONAL	SALA 40º	Podeu consultar aquesta informació a través de www.duetfit.es			
			TIPUS D'ACTIVITATS	CREMA CALORIES	TONIFICACIO	SALUT	PREVENCIO I RELAX	*Duet Fit es reserva el dret de modificació d'aquest horari				