

ACTIVITATS DIRIGIDES DUET SPORTS BADALONA

HORARIO DEL 5 AGOSTO AL 1 SEPTIEMBRE



Inicio	Final	Espacio	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATI									
07.15	08.05	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
07.15	08.05	S1		BODYPUMP			CTC		
07.30	07.45	SF	GAC 20'		ABDOMINALS 15'		GAC 20'		
08.15	09.05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
08.15	09.05	S1		ESTIRAMENTS		ESQUENA SANA			
08.15	08.30	SF	ABDOMINALS 15'	GAC 20'		ABDOMINALS 15'			
08.15	09.00	P	AIGUA CTC Gran		AIGUA CTC Gran		AIGUA CTC Gran		
09.30	09.45	SF	RADIKAL 20'	ABDOMINALS 15'	ABDOMINALS 15'	GAC 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'
09.30	10.20	S1	GYM D'OR	ZUMBA	YOGA	TONIFICACIO	BODYCOMBAT		
09.30	10.20	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.30	11.20	S1	YOGA	BODYPUMP	PILATES	ZUMBA	BODYPUMP		
10.30	10.45	SF	ABDOMINALS 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'
10.30	11.15	P	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran		
10.30	11.20	SB	DUET BOXING						
10.30	11.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	11.45	SF	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	ABDOMINALS 15'	GAC 20'
11.30	12.20	S1		ESQUENA SANA		ESTIRAMENTS			
11.30	12.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12.30	12.45	SF	ABDOMINALS 15'	GAC 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'
12.30	13.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
MIGDIA									
13.45	14.00	SF	GAC 20'	RADIKAL 20'	GAC 20'	ABDOMINALS 15'	ABDOMINALS 15'		
14.15	15.05	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14.15	15.05	S1	BODYPUMP		ZUMBA		YOGA		
14.15	14.45	S3		CARDIO HIIT 30'		BODYCOMBAT 30'			
14.45	15.15	S3		PEB 30'		GAC 30'			
14.45	15.05	SF	RADIKAL 20'		ABDOMINALS 15'		GAC 20'		
15.15	16.05	S1	PILATES		TONIFICACIO		ZUMBA		
15.15	16.05	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
15.30	16.15	P		AIGUA CTC Gran		AIGUA CTC Gran			
16.15	17.05	S1	TONIFICACIO		ZUMBA	BODYPUMP			
16.15	17.05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
TARDA									
16.30	16.45	SF	ABDOMINALS 15'	RADIKAL 20'	GAC 20'	ABDOMINALS 15'	ABDOMINALS 15'	GAC 20'	
17.15	18.05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17.30	18.20	S1	ZUMBA	TONIFICACIO	CTC	PILATES	BODYPUMP		
17.30	17.45	SF	GAC 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	
17.30	18.15	P	AIGUA CTC Gran		AIGUA CTC Gran				
18.15	19.05	SC	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL	
18.15	19.05	S3	PILATES	ZUMBA	YOGA	ESTIRAMENTS			
18.30	18.45	SF	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'	GAC 20'	RADIKAL 20'	
19.10	20.00	S1	BODYCOMBAT	BODYPUMP	GAC	ZUMBA	ESQUENA SANA		
19.05	19.50	P		AIGUA CTC Gran		AIGUA CTC Gran			
19.15	20.05	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	
19.15	20.05	SB		DUET BOXING					
19.15	20.05	S3	ESQUENA SANA	ESTIRAMENTS	PILATES	YOGA			
19.30	19.45	SF	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	ABDOMINALS 15'	
20.10	21.00	S1	BODYPUMP		ZUMBA				
20.15	21.05	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL		
20.15	21.05	S3		PILATES	YOGA	ESQUENA SANA			
20.15	21.05	SB	DUET BOXING						
20.30	20.50	SF	ABDOMINALS 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	GAC 20'		
21.15	22.05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21.30	21.45	SF	ABDOMINALS 15'	GAC 20'	RADIKAL 20'	ABDOMINALS 15'			



TIPUS D'ACTIVITAT	ESP AIS
CREMA-CALORIES	SC SALA CYCLING
FITNESS	S1 SALA 1
PREVENCIÓ I RELAX	S2 SALA 2
SALUT	S3 SALA 3
	S4 EXTERIOR
	P PISCINA
	SF SALA FITNESS
	SB SALA BOX
	S40 SALA 40ª

*Duet Sports es reserva el dret de modificació d'aquest horari

*Podeu consultar aquesta informació al web www.duetsports.com

CYCLING CLASSE DIRIGIDA AMB TÈCNIC
CYCLING VIRTUAL CLASSE DIRIGIDA SENSE TÈCNIC