

# ACTIVITATS DIRIGIDES DUET SPORTS BADALONA

## HORARIO A PARTIR 30 DE SEPTIEMBRE



Inicio	Final	Espacio	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
<b>MATI</b>									
07.15	08.05	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING		
07.15	08.05	S1		BODYPUMP		ZUMBA	CTC		
07.15	08.05	S3	ESQUENA SANA						
07.30	07.45	SF	ABDOMINALS 15'		GAC 15'	ESTIRAMENTS 15'	ABDOMINALS 15'		
08.15	09.05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
08.15	08.45	S1	ZUMBA 30'		TONO 30'				
08.15	09.05	S1		ESTIRAMENTS		ESQUENA SANA			
08.15	08.30	SF		RADIKAL 20'	ESTIRAMENTS 15'	ABDOMINALS 15'			
08.15	09.00	P	AIGUA MIX Gran	AIGUA MIX Gran	AIGUA MIX Gran	AIGUA MIX Gran	AIGUA MIX Gran		
09.15	10.05	S3	GYM D'OR	PILATES	YOGA	GYM D'OR			
09.30	09.45	SF	ABDOMINALS 15'		RADIKAL 20'	ABDOMINALS 15'	GAC 15'	RADIKAL 20'	ABDOMINALS 15'
09.30	10.20	EXT		DUET CAMP					
09.30	10.20	S 40º					YOGA 40º		
09.30	10.20	S1	BODYPUMP	ZUMBA	CTC	BODY BALANCE	BODYCOMBAT		
09.30	10.20	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
10.15	11.05	S3	YOGA	ESTIRAMENTS	PILATES				
10.30	11.20	S1	BODYCOMBAT	BODYPUMP	STEP básico	ZUMBA	BODYPUMP	ZUMBA	
10.30	10.45	SF	ESTIRAMENTS 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	FREE FIT	ABDOMINALS 15'	RADIKAL 20'
10.30	11.15	P	AIGUA MIX Gran	AIGUA MIX Gran	AIGUA MIX Gran	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran	
10.30	11.20	SB	DUET BOXING			DUET BOXING			
10.30	11.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	12.15	P	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran				
11.30	11.45	SF	RADIKAL 20'	GAC 15'	ABDOMINALS 15'	GAC 15'	ABDOMINALS 15'	ABDOMINALS 15'	GAC 15'
11.30	12.20	S1	TAI CHI	ESQUENA SANA	TAI CHI	ESTIRAMENTS		PILATES	ZUMBA
11.30	12.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
12.30	13.20	S1						BODYPUMP	ESQUENA SANA
12.30	12.45	SF	ABDOMINALS 15'	RADIKAL 20'	GAC 15'	ABDOMINALS 15'		RADIKAL 20'	ABDOMINALS 15'
12.30	13.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
<b>MIGDIA</b>									
13.30	13.45	SF	ABDOMINALS 15'		RADIKAL 20'		ABDOMINALS 15'		
14.15	15:05	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	
14.15	15:05	S1	BODYPUMP		BODY BALANCE				
14.15	15:05	S3		ZUMBA					
14.15	15:05	S 40º					YOGA 40º		
14.15	14.45	S1		CARDIO HIIT 30'		BODYCOMBAT 30'			
14.30	14.45	SF	ABDOMINALS 15'		ABDOMINALS 15'		GAC 15'		
14.45	15:15	S1		PEB 30'		GAC 30'			
15.15	16.05	S1	PILATES		TONIFICACIO	ESQUENA SANA	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	AIGUA CTC Gran		AIGUA CTC Gran		
16.15	17.05	S1	TONIFICACIO	PILATES	ZUMBA	BODYPUMP	BODY BALANCE		
16.15	17.05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
<b>TARDA</b>									
16.30	16.45	SF	ABDOMINALS 15'	RADIKAL 20'	GAC 15'	ABDOMINALS 15'	ABDOMINALS 15'	GAC 15'	
17.15	18:05	SB	DUET BOXING						
17.15	18:05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
17.15	18:05	S 40º		YOGA 40º					
17.25	18.10	S3	ZUMBA KIDS	DUET CAMP KIDS	ZUMBA KIDS	RELAX KIDS	ESTIRAMENTS		
17.30	18.20	S1	ZUMBA	TONIFICACIO	GLAMDANCE	STEP básico	BODYCOMBAT		
17.30	17.45	SF	GAC 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	
17.30	18.15	P	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran			
18.15	19.05	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	
18.15	19.05	S3	PILATES	ZUMBA	YOGA	ESTIRAMENTS	ESQUENA SANA		
18.15	19.05	SB			DUET BOXING				
18.30	18.45	SF	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	ABDOMINALS 15'	FREE FIT	RADIKAL 20'	
18.30	19.00	S1	GAC 30'	PILATES 30'	TONIFICACIO 30'	D. CARDIO HIT 30'	GAC 30'		
19.10	20.00	S1	BODYCOMBAT	BODYPUMP	STEP	GLAMDANCE	ZUMBA		
19.05	19.50	P		AIGUA CTC Gran		AIGUA CTC Gran			
19.10	20.00	S 40º	YOGA 40º						
19.15	20.05	EXT	DUET RUNNERS		DUET RUNNERS		DUET CAMP		
19.15	20.05	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	
19.15	20.05	SB		DUET BOXING					
19.15	20.05	S3	ESQUENA SANA	BODY BALANCE	PILATES	YOGA			
19.30	19.45	SF	ABDOMINALS 15'	DST 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	ABDOMINALS 15'	
20.10	21.00	S1	BODYPUMP	STEP	ZUMBA	BODYCOMBAT	BODYPUMP		
20.10	21.00	S 40º		YOGA 40º					
20.15	21.05	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL		
20.15	21.05	S3	PILATES	ESTIRAMENTS	YOGA	ESQUENA SANA			
20:45	21:15	S3							
20.15	21.05	SB	DUET BOXING			DUET BOXING			
20.30	20.50	SF	ABDOMINALS 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	GAC 15'		
20:30	21:20	P	SWIMMERS		SWIMMERS				
21.15	22.05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21.10	22.00	S1	ZUMBA		BODYPUMP				
21.10	21.40	S1		GAC 30'		CARDIO HIIT 30'			
21:40	22:10	S1		ESQUENA SANA 30'		PEB 30'			
21.30	21.30	SF	ABDOMINALS 15'		RADIKAL 20'		ABDOMINALS 15'		



TIPUS D'ACTIVITAT	ESPAIS
CREMA-CALORIES	SC SALA CYCLING
FITNESS	S1 SALA 1
PREVENCIÓ I RELAX	S2 SALA 2
SALUT	S3 SALA 3
	EXT* EXTERIOR
	P PISCINA
	SF SALA FITNESS
	SB SALA BOX
	S40 SALA 40º

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\*Podeu consultar aquesta informació al web [www.duetsports.com](http://www.duetsports.com)

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