

# ACTIVITATS DIRIGIDES DUET SPORTS BADALONA

HORARIO A PARTIR 7 ENERO



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	ESQUENA SANA	BODYPUMP		ZUMBA	CTC		
07.30	07.45	SF	ABDOMINALS 15'	RADIKAL 20'	DST 15'	RADIKAL 20'	ABDOMINALS 15'		
08.15	09.05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
08.15	08.45	S1	GAC 30'		TONO 30'				
08.15	09.05	S1		ESTIRAMENTS		ESQUENA SANA			
08.15	08.30	SF	RADIKAL 20'	ABDOMINALS 15'	FREE FIT 20'	ABDOMINALS 15'	RADIKAL 20'		
08.15	09.00	P	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran		
09.15	10.05	S3	GYM D'OR	PILATES	YOGA				
09.30	09.45	SF	ABDOMINALS 15'		ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'
09.30	10.20	CVT		DUET CAMP					
09.30	10.20	S 40°				YOGA 40°	PILATES 40°		
09.30	10.20	S1	TONIFICACIO	ZUMBA	BODYPUMP	GYM D'OR	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	ZUMBA	BODYPUMP	BODYCOMBAT	ZUMBA	BODYPUMP	ZUMBA	
10.30	10.45	SF	ABDOMINALS 15'	ABDOMINALS 15'	DST 15'	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	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
11.15	12.00	P	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran				
11.20	12.10	S3		ESQUENA SANA					
11.30	11.45	SF	ABDOMINALS 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	FREE FIT 20'	ABDOMINALS 15'	FREE FIT 20'
11.30	12.20	S1	TAI CHI		TAI CHI	ESTIRAMENTS		PILATES	BODYPUMP
11.30	12.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
12.30	13.20	S1					BODYPUMP		
12.30	12.45	SF	ABDOMINALS 15'	ABDOMINALS 15'	FREE FIT 20'	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
<b>MIGDIA</b>									
14:15	15:05	S 40°					YOGA 40°		
14:15	15:05	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
14:15	15:05	S1	BODYPUMP	ZUMBA	PILATES	BODYCOMBAT			
14:15	15:05	S3		DUET CARDIO HIT					
14:30	14:45	SF	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	FREE FIT 20'		
15:15	16:05	S1			TONIFICACIO		ZUMBA		
15:15	16:05	S 40°	PILATES 40°						
15:15	16:05	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
16:30	16:15	P	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran	AIGUA CTC Gran		
16:15	17:05	S1	TONIFICACIO	PILATES	ZUMBA	BODYPUMP			
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'	FREE FIT 20'	DST 15'	ABDOMINALS 15'	RADIKAL 20'	
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 40°		YOGA 40°					
17:25	18:10	S3	ZUMBA KIDS	DUET CAMP KIDS	ZUMBA KIDS	RELAX KIDS	ESTIRAMENTS		
17:30	18:20	S1	ZUMBA	TONIFICACIO 45'	GLAMDANCE	STEP básico	BODYCOMBAT		
17:30	17:45	SF	RADIKAL 20'	ABDOMINALS 15'	FREE FIT 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	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'	DST 15'	RADIKAL 20'	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 Petita	AQUATRaining			
19:10	20:00	S 40°	YOGA 40°						
19:15	20:05	CVT	RUNNERS INICIACIO		DUET RUNNERS				
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	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	STEP	ZUMBA	BODYCOMBAT	BODYPUMP		
20:10	21:00	S 40°		YOGA 40°					
20:15	21:05	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL		
20:15	21:05	S3	PILATES	DUET CARDIO HIT	YOGA	ESQUENA SANA			
20:15	21:05	SB	DUET BOXING			DUET BOXING			
20:30	20:50	SF	FREE FIT 20'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	DBX 20'		
20:30	21:20	P	SWIMMERS		AQUATRaining	SWIMMERS			
21:10	22:00	S1	ZUMBA		BODYPUMP				
21:15	22:05	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
21:30	21:45	SF	ABDOMINALS 15'	ABDOMINALS 15'	RADIKAL 20'	ABDOMINALS 15'	RADIKAL 20'		
<b>TIPUS D'ACTIVITAT</b>									
			CREMA-CALORIES	SC	SALA CYCLING				
			FITNESS	S1	SALA 1				
			PREVENCIÓ I RELAX	S2	SALA 2				
			SALUT	S3	SALA 3				
				CV	EXTERIOR	CYCLING	CLASSE DIRIGIDA AMB TECNIC		
				P	PISCINA	CYCLING VIRTUAL	CLASSE DIRIGIDA SENSE TECNIC		
				SF	SALA FITNESS				
				SB	SALA BOX				
				S40	SALA 40°				



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