

ACTIVITATS DIRIGIDES DUET SPORTS BADALONA

HORARIO A PARTIR 7 ENERO



Inicio	Final	Espacio	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATI									
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	EX		DUET CAMP					
09.30	10.20	S40º				YOGA 40º	PILATES 40º		
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
MIGDIA									
14:15	15:05	S40º					YOGA 40º		
14:15	15:05	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING	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	S40º	PILATES 40º						
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	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		
TARDA									
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	S40º		YOGA 40º					
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	
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	S40º	YOGA 40º						
19:15	20:05	EX	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	S40º		YOGA 40º					
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'		



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

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

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

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