

ACTIVIDADES DIRIGIDAS DUET RAMBLA FONDO

Válido a partir de Febrero



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Inicio	Final	Espacio	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
MAÑANA									
07.15	08.00	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
07.45	08.00	SF	ABDOMEN 15'		ABDOMEN 15'		RADIKAL 20'		
08.00	08.50	PS	AQUACTC	AQUACTC	AQUACTC	AQUACTC	AQUACTC		
08.15	08.30	SF		ABDOMEN 15'		ABDOMEN 15'			
08.15	09.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
08.45	09.30	S1		BODY PUMP 45'		PILATES 45'			
09.00	09.15	SF	ABDOMEN 15'		ABDOMEN 15'		ABDOMEN 15'		
09.15	09.30	SF		ABDOMEN 15'		ABDOMEN 15'			
09.30	10.20	S1	ZUMBA	ESPALDA SANA	PILATES	GIM ORO	ZUMBA		
09.30	10.20	S2	YOGA	BALLET FIT	BODY COMBAT	BODY PUMP	YOGA		
09.30	10.15	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
09.30	10.20	PS	AQUACTC		AQUACTC			AQUACTC	
10.00	10.50	S2							
10.00	10.15	SF	ESTIRAMENTS 15'				ESTIRAMENTS 15'	RADIKAL 20'	RADIKAL 20'
10.30	11.20	S1	BODY PUMP	ZUMBA	CTC	GLAM DANCE	BODY BALANCE	ZUMBA	
10.30	11.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10.30	11.20	S2		GIM ORO	BODY BALANCE	ESPALDA SANA			
10.30	11.20	PS	AQUACTC	AQUACTC	AQUACTC	AQUACTC	AQUACTC		
11.00	11.15	SF						ABDOMEN 15'	ABDOMEN 15'
11.30	12.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
11.30	12.20	PS		AQUACTC		AQUACTC			
11.30	11.45	SF	ABDOMEN 15'		RADIKAL 20'				
12.00	12.20	SF					ABDOMEN 15'	FREE FIT	DST
12.30	13.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12.30	13.20	S1						BODY PUMP	
MEDIODÍA									
13.00	13.20	SF						ABDOMEN 15'	RADIKAL 20'
13.30	14.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
14.15	15.05	S1		YOGA	CTC	BODY BALANCE			
14.30	14.45	SF	ABDOMEN 15'		ABDOMEN 15'		ABDOMEN 15'		
14.30	15.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
15.30	16.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
15.30	16.20	S1	STEP	TONIFICACIÓN	BODY COMBAT	PILATES	ZUMBA		
16.00	16.50	PS	AQUACTC	AQUACTC	AQUACTC	AQUACTC	AQUACTC		
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
16.30	16.45	SF	ABDOMEN 15'		FREE FIT				
16.30	17.20	S1	BODY PUMP	BODY BALANCE	BALLET FIT	ZUMBA			
TARDE									
17.00	17.50	PS	AQUACTC		AQUACTC 45'		AQUACTC		
17.30	18.20	S1	GLAM DANCE	BODY PUMP	ZUMBA	GAC	ESPALDA SANA		
17.30	18.20	S2		BAILE INFANTIL*	DUET CAMP KIDS*	DEFENSA PERSONAL INFANTIL*			
18.00	18.45	SC		CYCLING		CYCLING			
18.00	18.20	SF		ABDOMEN 15'		ABDOMEN 15'		RADIKAL 20'	
18.30	19.15	SC	CYCLING		CYCLING			CYCLING VIRTUAL	
18.30	19.20	S1	ESPALDA SANA	STEP	BODY PUMP	BODY COMBAT	ZUMBA		
18.30	19.00	S2		DUET CARDIO HITT			BALLET FIT		
18.30	19.20	S2	TONIFICACIÓN		YOGA				
19.00	19.15	SF		FREE FIT		DST	ABDOMEN 15'	ABDOMEN 15'	
19.00	19.45	SC		CYCLING		CYCLING			
19.30	19.45	SF	RADIKAL 20'		ABDOMEN 15'				
19.30	20.15	SC	CYCLING		CYCLING		CYCLING		
19.30	20.20	S1	BODY COMBAT	ZUMBA	GLAM DANCE	BODY PUMP	CTC		
19.30	20.20	S2	PILATES	BODY BALANCE	ESPALDA SANA	YOGA	BODY COMBAT		
19.30	20.20	PS	AQUACTC	AQUACTC		AQUACTC			
20.00	20.45	SC		CYCLING		CYCLING			
20.00	20.15	SF		ABDOMEN 15'		RADIKAL 20'			
20.30	21.00	S1					DUET CAMP 30'		
20.30	21.20	S1	ZUMBA	BODY COMBAT	BODY PUMP	ZUMBA			
20.30	21.20	S2		YOGA	PILATES	BODY BALANCE			
20.30	21.20	EX		RUNNERS					
20.30	21.15	SC	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
20.45	21.30	PS				SWIMMERS			
21.00	21.45	SC		CYCLING VIRTUAL		CYCLING VIRTUAL			
21.00	21.20	SF	ABDOMEN 15'		RADIKAL 20'		ABDOMEN 15'		
21.30	22.00	S1							
21.30	22.15	SC	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
21.30	22.20	S1			ZUMBA				



TIPO DE ACTIVIDAD	SALAS
QUEMA CALORIAS	S1 SALA 1
TONIFICACIÓN	S2 SALA 2
PREVENCIÓN Y RELAX	SC SALA CYCLING
SALUD	PS PISCINA
	SF SALA FITNESS

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