

ACTIVIDADES DIRIGIDAS DUET RAMBLA FONDO

Válido 17 de Septiembre



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'		ABDOMEN 15'		
08:00	08:50	PS	AQUACTC	AQUACTC	AQUACTC	AQUACTC	AQUACTC		
08:15	08:30	S1		ABDOMEN 15'		ABDOMEN 15'			
08:15	09:00	SC	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'		
09:30	10:20	S1	ZUMBA	ESPALDA SANA	PILATES	GIM ORO	ZUMBA		
09:30	10:20	S2	YOGA	TONIFICACION	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	
09:30	09:45	SF		ABDOMEN 15'		ABDOMEN 15'			
10:00	10:15	SF	ESTIRAMENTS 15'				ESTIRAMENTS 15'	RADIKAL 20'	RADIKAL 20'
10:30	11:20	S1	BODY PUMP	ZUMBA	BALLET FIT	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	11:00	S2	ABD.HIPOPRESIVOS						
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'		ABDOMEN 15'			
11:30	12:20	S1			TAI CHI		TAI CHI		
12:00	12:20	SF	DST		RADIKAL 20'		ABDOMEN 15'		
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
14:00	14:15	SF	ABDOMEN 15'		ABDOMEN 15'		ABDOMEN 15'		
14:15	15:00	SC	CYCLING						
14:15	15:05	S1		YOGA	BODY PUMP	BODY BALANCE			
14:30	15:15	SC		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
15:00	15:15	SF		ABDOMEN 15'		ABDOMEN 15'			
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	TONIFICACION	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'		ABDOMEN 15'				
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		DST		RADIKAL 20'		RADIKAL 20'	
18:30	19:15	SC	CYCLING		CYCLING		CYCLING VIRTUAL	CYCLING VIRTUAL	
18:30	19:20	S1	ESPALDA SANA	STEP	TONIFICACION	BODY COMBAT	ZUMBA		
18:30	19:00	S2		ABD.HIPOPRESIVOS					
18:30	19:20	S2	BODY PUMP		YOGA		BALLET FIT		
19:00	19:15	SF					ABDOMEN 15'	ABDOMEN 15'	
19:00	19:45	SC		CYCLING		CYCLING			
19:30	20:15	SC	CYCLING		CYCLING		CYCLING		
19:30	20:20	S1	BODY COMBAT	CTC	GLAM DANCE	BODY PUMP	GAC		
19:30	20:20	S2	PILATES	BODY BALANCE	ESPALDA SANA	YOGA	BODY COMBAT		
19:30	20:20	PS	AQUACTC	AQUACTC		AQUACTC			
19:30	19:50	SF	RADIKAL 20'		ABDOMEN 15'				
20:00	20:45	SC		CYCLING		CYCLING			
20:00	20:20	SF		ABDOMEN 15'		DST			
20:30	21:00	S1					DUET CAMP 30'		
20:30	21:20	S1	ZUMBA	BODY COMBAT	BODY PUMP	STEP			
20:30	21:00	S2	ESTIRAMIENTOS HOLISTICOS 30'						
20:30	21:20	S2		YOGA	BODY BALANCE	PILATES			
20:30	21:20	EX		RUNNERS					
20:30	20:45	SF	ABDOMEN 15'				ABDOMEN 15'		
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			
21:15	21:30	SF		ABDOMEN 15'		RADIKAL 20'			
21:30	22:00	S1	DUET CAMP 30'						
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
TONIFICACION	S2 SALA 2
PREVENCIÓN Y RELAX	SC SALA CYCLING
SALUD	PS PISCINA
	SF SALA FITNESS

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*Actividades no incluidas en la cuota mensual de abono

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