



ACTIVIDADES DIRIGIDAS CAN ZAM

SEPTIEMBRE 2018 - JULIO 2019

Inicio	Final	Espacio	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	Espacio	Inicio	Final
MANANA											
07.10	08.00	SC		CYCLING		CYCLING			SC	07.10	08.00
07.10	08.00	E1	CARDIO HIT DUET		DUET CAMP		BODY BALANCE		E1	07.10	08.00
08.00	08.50	E1	GAC	PILATES	BODY PUMP	ZUMBA	TONIFICACION		E1	08.00	08.50
09.00	09.50	PS	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM			PS	09.00	09.50
09.00	09.20	SF	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'		SF	09.00	09.20
09.00	09.50	E3					IOGA		E3	09.00	09.50
09.30	10.20	SC		CYCLING					SC	09.30	10.20
09.30	10.20	E1	B.COMBAT	BODY PUMP	ZUMBA	GAC	STEP	BODY PUMP	E1	09.30	10.20
09.30	10.20	E2					HBX		E2	09.30	10.20
09.30	10.20	E3	PILATES			PILATES			E3	09.30	10.20
10.00	10.50	SC			CYCLING	CYCLING			SC	10.00	10.50
10.00	10.50	E3		ZUMBA	TONIFICACION				E3	10.00	10.50
10.00	10.50	PS					AIGUAGIM		PS	10.00	10.50
10.30	10.50	SF	ABDOMINALES 15'	DST	ABDOMINALES 15'	DST	ABDOMINALES 15'	RADIKAL 20'	SF	10.30	10.50
10.30	11.20	PS		AIGUAGIM		AIGUAGIM			PS	10.30	11.20
10.30	11.15	SC	CYCLING				CYCLING	CYCLING	SC	10.30	11.15
10.30	11.00	E3	ABD.HIPOPRESIVOS 30'			ABD.HIPOPRESIVOS 30'			E3	10.30	11.00
10.30	11.20	E1	GIM-DOR	IOGA	GIM-DOR	CARDIO HIT DUET	BODY PUMP		E1	10.30	11.20
11.00	11.50	PS			AIGUAGIM				PS	11.00	11.50
11.30	12.20	PS	AIGUAGIM	AIGUAGIM		AIGUAGIM	AIGUAGIM	AIGUAGIM	PS	11.30	12.20
11.00	11.30	E3			ESTIRAMIENTOS 30'				E1	11.00	11.30
11.00	11.50	E3	TAI-CHI	CTC		TAI-CHI			E3	11.00	11.50
11.30	11.50	SF	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	SF	11.30	11.50
12.00	12.30	E3				ESTIRAMIENTOS 30'			E3	11.30	12.20
11.30	12.20	E1			BODY BALANCE	B.COMBAT	BODY BALANCE	ZUMBA	E1	11.30	12.20
12.00	12.50	E1		ESPALDA SANA					E1	12.00	12.50
12.30	13.20	SC			CYCLING				SC	12.30	13.20
12.30	13.20	E1	TONIFICACION			BODY BALANCE			E1	12.30	13.20
MEDIODIA											
14.30	14.50	SF	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	SF	14.30	14.50
14.30	15.20	SC				CYCLING			SC	14.30	15.20
14.30	15.20	E1	BODY PUMP	ZUMBA	BODY BALANCE				E1	14.30	15.20
15.30	16.20	SC		CYCLING					SC	15.30	16.20
15.30	16.20	E3				BODY BALANCE			E3	15.30	16.20
15.30	16.20	E1	ZUMBA	TONIFICACION	B.COMBAT	BODY PUMP	ZUMBA		E1	15.30	16.20
15.30	16.20	PS	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM			PS	15.30	16.20
TARDE											
16.30	17.20	E1	GAC	B.COMBAT	BODY PUMP	ZUMBA	PILATES		E1	16.30	17.20
16.30	17.20	E3	PILATES	GIM SUAU	ESPALDA SANA	GIM SUAU			E3	16.30	17.20
17.00	17.20	SF	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	SF	17.00	17.20
17.00	17.45	SC			CYCLING				SC	17.00	17.45
17.30	18.20	E3	ESPALDA SANA	KARATE INFANTIL +8		PILATES	IOGA		E3	17.30	18.20
17.30	18.20	E2	KIDS SPORTS		BAILE KIDS	KARATE INFANTIL +8			E2	17.30	18.20
17.30	18.20	E1	B.COMBAT	TONIFICACION	ZUMBA	CTC	B.COMBAT		E1	17.30	18.20
17.30	18.20	SC				CYCLING			SC	17.30	18.20
18.00	18.30	E2		ABD.HIPOPRESIVOS 30'					E2	18.00	18.30
18.00	18.45	SC		CYCLING					SC	18.00	18.45
18.00	18.20	SF	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	RADIKAL 20'	SF	18.00	18.20
18.00	18.50	PS		AIGUAGIM	AIGUAGIM	AIGUAGIM			PS	18.00	18.50
18.30	19.50	PS	AIGUAGIM				AIGUAGIM		PS	18.30	19.50
18.30	19.20	E2		KARATE INFANTIL -8		KARATE INFANTIL -8			E2	18.30	19.20
18.30	19.20	E3	BODY BALANCE	IOGA	PILATES	STEP			E3	18.30	19.20
18.30	19.20	E1	CARDIO HIT DUET	ZUMBA	CTC	TONIFICACION	BODY PUMP		E1	18.30	19.20
18.30	19.20	SC	CYCLING			CYCLING			SC	18.30	19.20
19.00	19.20	SF	DST	ABDOMINALES 15'	DST	ABDOMINALES 15'	RADIKAL 20'	ABDOMINALES 15'	SF	19.00	19.20
19.00	19.45	SC		CYCLING	CYCLING				SC	19.00	19.45
19.30	20.15	SC	CYCLING				CYCLING		SC	19.30	20.15
19.30	20.20	E1	ZUMBA	BODY PUMP	GAC	B.COMBAT	ESPALDA SANA		E1	19.30	20.20
19.30	20.20	E2	HBX	KARATE INFANTIL +12		KARATE INFANTIL +12			E2	19.30	20.20
19.30	20.20	E3		PILATES	ESPALDA SANA	IOGA			E3	19.30	20.20
19.45	20.45	PS	SWIMMERS		SWIMMERS				PS	19.45	20.45
19.30	20.30	EXT				RUNNERS			EXT	19.30	20.30
19.45	20.45	EXT		RUNNERS					EXT	19.45	20.45
20.00	20.45	SC		CYCLING					SC	20.00	20.45
20.00	20.20	SF	ABDOMINALES 15'		ABDOMINALES 15'		ABDOMINALES 15'		SF	20.00	20.20
20.30	21.20	SC				CYCLING			SC	20.30	21.20
20.30	21.20	E2		TÉCNICA KYOKUSHINKAI					E2	20.30	21.20
20.30	21.20	EXT		DUET HIT					EXT	20.30	21.20
20.30	21.20	E3		STEP	BODY BALANCE	KNOCK DOWN			E3	20.30	21.20
20.30	21.20	E1	BODY PUMP	B.COMBAT	BODY PUMP	ZUMBA			E1	20.30	21.20
21.30	22.20	E1		KNOCK DOWN		TÉCNICA KYOKUSHINKAI			E1	21.30	22.20

TIPO DE ACTIVIDAD
QUEMA-CALORÍAS
TONIFICACION
PREVENCIÓN Y RELAX
SALUD

ESPACIOS	
SC SALA CYCLING	EXT EXTERIOR
E1 ESTUDIO 1	PS PISCINA
E2 ESTUDIO 2	SF SALA FITNESS
E3 ESTUDIO 3	

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