

ACTIVITATS DIRIGIDES CEM COTXERES BORBÓ

Vigència: A PARTIR DEL 1 DE ABRIL DE 2019



| Inici | Final | Espai | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------------|-------|-------|-------------------|--------------------|--------------------|--------------------|--------------------|------------------|-----------------|
| MATÍ | | | | | | | | | |
| 07.10 | 07.50 | S2 | PILATES 40' | ESQUEJENA SANA 40' | | EST.HOLÍSTICS 40' | IOGA 40' | | |
| 07.10 | 08.00 | S3 | | BODY COMBAT | | BODY PUMP | | | |
| 07.15 | 07.45 | P | AIGUA 30' Petita | | AIGUA 30' Petita | | | | |
| 07.15 | 08.00 | P | | | | AIGUA Petita | | | |
| 07.15 | 08.00 | SC | CYCLING | CYCLING | CYCLING | CYCLING VIRTUAL | CYCLING | | |
| 08.05 | 08.20 | SF | | ABDOMINALS 15' | | RADIKAL 20' ** | ABDOMINALS 15' | | |
| 08.05 | 08.50 | P | AIGUA CTC Gran | AIGUA CTC Petita | AIGUA CTC Gran | AIGUA CTC Petita | AIGUA CTC Petita | | |
| 08.05 | 08.55 | S3 | GLAM DANCE | PILATES | TONIFICACIÓ | ESQUEJENA SANA | ZUMBA | | |
| 08.15 | 09.00 | SC | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | |
| 09.00 | 09.20 | SF | ABDOMINALS 15' | ESTIRAMENTS 15' ** | ABDOMINALS 15' | | ESTIRAMENTS 15' ** | | |
| 09.00 | 09.45 | P | AIGUA CTC Petita | AIGUA CTC Gran | AIGUA CTC Gran | AIGUA CTC Gran | AIGUA CTC Petita | | |
| 09.00 | 09.50 | S2 | | ESQUEJENA SANA | | EST.HOLÍSTICS | | | |
| 09.00 | 09.50 | S3 | GYM D'OR CTC | GLAM DANCE | GYM D'OR | ZUMBA | ESQUEJENA SANA | BODY COMBAT | |
| 09.15 | 10.05 | S2 | BODY PUMP | | BODY COMBAT | | BODY PUMP | | |
| 09.30 | 10.15 | SC | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 10.00 | 10.50 | S2 | | | | | | STEP | |
| 10.00 | 10.50 | S3 | ZUMBA II | ZUMBA | GLAM DANCE | ESQUEJENA SANA | ZUMBA II | BODY PUMP | |
| 10.05 | 10.55 | S1 | IOGA | | IOGA | | | | |
| 10.15 | 10.35 | SF | FREE FIT 20' ** | ABDOMINALS 15' | RADIKAL 20' ** | ESTIRAMENTS 15' ** | ABDOMINALS 15' | DBX 20' ** | ABDOMINALS 15' |
| 10.15 | 11.00 | P | | AIGUA CTC Gran | | AIGUA CTC Gran | | | |
| 10.15 | 11.05 | S2 | GAC 50' | PILATES | BODY PUMP | BODY COMBAT | TONIFICACIÓ | | |
| 10.30 | 11.00 | S1 | | MEDITACIO | | MEDITACIO | | | |
| 10.30 | 11.15 | P | AIGUA CTC Gran | | AIGUA CTC Gran | | AIGUA CTC Gran | | |
| 10.30 | 11.15 | SC | CYCLING | CYCLING VIRTUAL | CYCLING | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 10.30 | 11.15 | SF | | DUET WALKING 45' | | DUET WALKING 45' | DUET WALKING 45' | | |
| 11.00 | 11.45 | SF | | | | | | DUET WALKING 45' | |
| 11.00 | 11.50 | S3 | ESQUEJENA SANA | EST.HOLÍSTICS | ESQUEJENA SANA | QIGONG | EST.HOLÍSTICS | ZUMBA | |
| 11.05 | 11.55 | S1 | | | PILATES | | | | |
| 11.15 | 11.35 | SF | RADIKAL 20' ** | ABDOMINALS 15' | ESTIRAMENTS 15' ** | ABDOMINALS 15' | FREE FIT 20' ** | ABDOMINALS 15' | RADIKAL 20' ** |
| 11.15 | 12.05 | S2 | PILATES | CTC | GAC 50' | PILATES | PILATES | | |
| 11.30 | 12.15 | P | AIGUA CTC Gran | AIGUA CTC Gran | AIGUA CTC Gran | AIGUA CTC Petita | AIGUA SALUT Petita | | |
| 11.30 | 12.15 | SC | | | | | | CYCLING | |
| 11.30 | 12.30 | S3 | | | | | | | BODY PUMP |
| 12.00 | 12.45 | P | | | | | | AIGUA CTC Gran | |
| 12.05 | 12.55 | S1 | IOGA | | | | | | |
| 12.10 | 13.00 | S3 | PILATES INICIACIÓ | ESQUEJENA SANA | IOGA | TAI-TXI | YOGA | ESQUEJENA SANA | |
| 12.15 | 12.35 | SF | | ABDOMINALS 15' | | RADIKAL 20' ** | ABDOMINALS 15' | | |
| 12.15 | 13.05 | S2 | | TAI-TXI | | | ESQUEJENA SANA | | |
| 12.30 | 13.00 | SF | | | | | | RADIKAL 20' ** | FREE FIT 20' ** |
| 12.30 | 13.15 | P | | AIGUA CTC Petita | | | | | |
| 12.30 | 13.15 | SC | CYCLING VIRTUAL | CYCLING VIRTUAL | | | CYCLING VIRTUAL | CYCLING | CYCLING VIRTUAL |
| 12.30 | 13.30 | S3 | | | | | | | ZUMBA |

| | | | | | | | | | |
|---------------|-------|----|-----------------|----------------|-----------------|----------------|-----------------|--------------------|--|
| MIGDIA | | | | | | | | | |
| 13.15 | 14.00 | SC | CYCLING VIRTUAL | | CYCLING VIRTUAL | | CYCLING VIRTUAL | | |
| 13.30 | 13.45 | SF | | ABDOMINALS 15' | RADIKAL 20' ** | ABDOMINALS 15' | DBX 20' ** | ESTIRAMENTS 15' ** | |
| 13.45 | 14.15 | S3 | | GAC 30' | | | | | |
| 14.15 | 15.00 | SC | CYCLING | CYCLING | CYCLING VIRTUAL | CYCLING | CYCLING | CYCLING VIRTUAL | |
| 14.15 | 15.05 | SF | | | | WARRIORS | | | |
| 14.15 | 15.05 | S2 | BODY PUMP | IOGA | BODY PUMP | IOGA | | | |
| 14.15 | 15.05 | S3 | ZUMBA | BODY COMBAT | ZUMBA | ZUMBA II | TONIFICACIÓ | | |

| | | | | | | | | | |
|--------------|-------|----|--------------------|--------------------|--------------------|--------------------|--------------------|-----------------|--|
| TARDA | | | | | | | | | |
| 15.00 | 15.15 | SF | ABDOMINALS 15' | | ABDOMINALS 15' | | RADIKAL 20' ** | | |
| 15.15 | 16.00 | P | | AIGUA CTC Petita | AIGUA CTC Petita | AIGUA CTC Petita | AIGUA CTC Petita | | |
| 15.15 | 16.00 | SC | CYCLING | CYCLING | CYCLING | CYCLING VIRTUAL | CYCLING | CYCLING VIRTUAL | |
| 15.30 | 15.50 | SF | RADIKAL 20' ** | ESTIRAMENTS 15' ** | ABDOMINALS 15' | | FREE FIT 20' ** | | |
| 16.00 | 16.50 | S3 | BODY COMBAT | PILATES | TONIFICACIÓ | ZUMBA | PILATES | | |
| 16.15 | 17.00 | SC | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | |
| 17.00 | 17.20 | SF | | ABDOMINALS 15' | RADIKAL 20' ** | RADIKAL 20' ** | ABDOMINALS 15' | RADIKAL 20' ** | |
| 17.00 | 17.50 | S2 | ESQUEJENA SANA | | | | | | |
| 17.00 | 17.50 | S3 | TONIFICACIÓ | CTC | PILATES | IOGA | BODY COMBAT | | |
| 17.10 | 18.00 | S1 | | QIGONG | | EST.HOLÍSTICS | | | |
| 17.15 | 18.00 | S2 | | DUET CAMP JUNIOR | | DUET CAMP KIDS | | | |
| 17.15 | 18.00 | OU | | DUET CAMP KIDS | | | | | |
| 17.15 | 18.10 | SC | | | | CYCLING JUNIOR | | | |
| 17.20 | 17.50 | SF | RADIKAL 20' ** | | | | | | |
| 18.00 | 18.20 | SF | | ABDOMINALS 15' | ABDOMINALS 15' | ESTIRAMENTS 15' ** | | ABDOMINALS 15' | |
| 18.00 | 18.50 | S3 | PILATES II | ZUMBA | ZUMBA | BODY COMBAT | TONIFICACIÓ | | |
| 18.10 | 18.55 | S2 | | | | | ZUMBA KIDS | | |
| 18.10 | 18.55 | S1 | | | | | DUET CAMP KIDS | | |
| 18.10 | 19.00 | S1 | | TAI-TXI | IOGA | TAI-TXI | | | |
| 18.15 | 19.00 | SC | CYCLING | CYCLING | CYCLING | | CYCLING | | |
| 18.15 | 19.00 | SF | | | | DUET WALKING 45' | | | |
| 18.15 | 19.05 | S2 | GAC 50' | BODY PUMP | ESQUEJENA SANA | BODY PUMP | | | |
| 18.15 | 19.15 | SF | | | WARRIORS | | | | |
| 18.20 | 18.40 | SF | ABDOMINALS 15' | FREE FIT 20' ** | | ABDOMINALS 15' | FREE FIT 20' ** | RADIKAL 20' ** | |
| 19.00 | 19.20 | SF | ABDOMINALS 15' | ABDOMINALS 15' | ESTIRAMENTS 15' ** | | ABDOMINALS 15' | ABDOMINALS 15' | |
| 19.00 | 19.50 | S3 | ZUMBA | TONIFICACIÓ | AERÒBIC | STEP | ZUMBA | | |
| 19.10 | 20.00 | S1 | IOGA | ESQUEJENA SANA | PILATES II | IOGA | | | |
| 19.15 | 20.00 | P | AIGUA CTC Petita | AIGUA CTC Petita | AIGUA CTC Petita | AIGUA CTC Petita | | | |
| 19.15 | 20.00 | SC | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 19.15 | 20.05 | SF | WARRIORS | | | WARRIORS | | | |
| 19.15 | 20.05 | S2 | BODY PUMP | BODY COMBAT | GAC 50' | CTC | AERÒBIC | | |
| 19.15 | 20.15 | OU | RUNNERS | | RUNNERS | | | | |
| 19.55 | 20.10 | S3 | ABDOMINALS 15' | ABDOMINALS 15' | ABDOMINALS 15' | ABDOMINALS 15' | | | |
| 20.15 | 20.35 | SF | DBX 20' ** | | RADIKAL 20' ** | ESTIRAMENTS 15' ** | ABDOMINALS 15' | | |
| 20.15 | 20.45 | S2 | | | | CARDIO HIIT 30' | | | |
| 20.15 | 21.00 | P | AIGUA CTC Petita | AIGUA CTC Petita | AIGUA CTC Gran | AIGUA CTC Petita | | | |
| 20.15 | 21.00 | SC | CYCLING | CYCLING | CYCLING | CYCLING | | | |
| 20.15 | 21.05 | SF | | WARRIORS | | | | | |
| 20.15 | 21.05 | S1 | PILATES II | | IOGA | PILATES | | | |
| 20.15 | 21.05 | S2 | STEP | GAC 50' | TONIFICACIÓ | | ESQUEJENA SANA | | |
| 20.15 | 21.05 | S3 | BODY COMBAT | ZUMBA II | BODY COMBAT | ZUMBA | BODY PUMP | | |
| 20.30 | 21.30 | P | SWIMMING | | SWIMMING | | | | |
| 21.15 | 21.35 | SF | ESTIRAMENTS 15' ** | RADIKAL 20' ** | ABDOMINALS 15' | FREE FIT 20' ** | ESTIRAMENTS 15' ** | | |
| 21.15 | 22.00 | SC | | CYCLING VIRTUAL | | CYCLING VIRTUAL | | | |
| 21.15 | 22.05 | S2 | ESQUEJENA SANA | | PILATES | IOGA | | | |
| 21.15 | 22.05 | S3 | TONIFICACIÓ | BODY PUMP | ZUMBA | BODY PUMP | | | |



ESPAIS
S1 SALA 1
S2 SALA 2

SC SALA CYCLING
P PISCINA

S3 SALA 3
OU EXTERIOR

SF SALA FITNESS

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

** L'espai destinat a la realització d'aquesta sessió haurà de quedar lliure d'us durant la mateixa

*** Aquestes sessions són exclusives pels membres de l'equip TRI DUET

Podeu consultar aquesta informació a través de www.duetsports.com