

**HORARIOS**

**ACTIVIDADES DIRIGIDAS DUET SPORTS LAS ROZAS - TEMP. 2019**

INICIO	FINAL	ESPACIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	INICIO	FINAL
<b>MAÑANA</b>											
07.15	08.05	SC	CYCLING VIRTUAL	CYCLING Carlos D.	CYCLING VIRTUAL	CYCLING Carlos D.	CYCLING VIRTUAL			07.15	08.05
07.15	08.05	S2	G.A.P 50' Marilo A.		BODYPUMP Marilo A.		HIIT SERIES Xavier J.			07.15	08.05
08.05	08.55	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			08.05	08.55
09.00	09.50	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	09.00	09.50
09.30	09.45	SF	ABDOMINALES 15'	ESTIRAMIENTOS 15'	G.A.P 15'	RADIKAL 15'	ESTIRAMIENTOS 15'	ABDOMINALES 15'	RADIKAL 15'	09.30	09.45
10.00	10.50	SC	CYCLING Alvaro C.	CYCLING VIRTUAL	CYCLING Ana M.	CYCLING VIRTUAL	CYCLING Ana M.	CYCLING Dani G.	CYCLING Dani G.	10.00	10.50
10.00	10.50	S2	ZUMBA Mariló A.	BODYCOMBAT Fanny R.	ZUMBA Mariló A.	BODYPUMP Xavi J.	STRONG Maxson L.			10.00	10.50
10.00	10.50	S3		PILATES Antonio M.		PILATES Antonio M.	STRECHING Marilo			10.00	10.50
10.30	10.45	SF	ESTIRAMIENTOS 15'	G.A.P 15'	RADIKAL 15'	DTS 15'	ABDOMINALES 15'	RADIKAL 15'		10.30	10.45
11.00	11.50	SC	CYCLING VIRTUAL	CYCLING Fanny R.	CYCLING VIRTUAL	CYCLING Fanny R.	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING Dani G.	11.00	11.50
11.00	11.25	S2	BODYPUMP Xavi J.	GLAM DANCE Mariló A.	BODYATTACK Ana M.	GLAM DANCE Mariló A.	BODYPUMP Maxson L.	BODYPUMP Paco G.	ZUMBA Natalia F.	11.00	11.25
11.00	11.50	S3	BODYBALANCE Marilo A.	SENIOR Alvaro C.	STRECHING Marilo A.	SENIOR Alvaro C.	G.A.P 50' Marilo	BOXEO César R.		11.00	11.50
11.00	11.50	DC					DUET CAMP Roberto M.			11.00	11.50
11.30	11.45	SF	RADIKAL 15'		ABDOMINALES 15'		G.A.P 15'			11.30	11.45
<b>MEDIODIA</b>											
12.00	12.50	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	12.00	12.50
12.00	12.50	S2	G.A.P 50' Marilo	BODYPUMP Sergi L.		BODYCOMBAT Fanny R.	ZUMBA Mariló A.	BODYCOMBAT Paco G.	BODYBALANCE Natalia F.	12.00	12.50
12.00	12.50	S3		PILATES Antonio M.	YOGA Pachi M.	PILATES Xavi J.				12.00	12.50
12.30	12.45	SF	G.A.P 15'	RADIKAL 15'	ESTIRAMIENTOS 15'		DTS 15'			12.30	12.45
13.00	13.50	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	13.00	13.50
13.00	13.50	S3	ESPALDA SANA Antonio M.		ESPALDA SANA Antonio M.					13.00	13.50
13.30	13.45	SF						ABDOMINALES 15'	ABDOMINALES 15'	13.30	13.45
14.30	15.20	SC	CYCLING VIRTUAL	CYCLING Ana M.	CYCLING VIRTUAL	CYCLING Fanny R.	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	14.30	15.20
14.30	15.20	S2	HIIT SERIES Ana M.		BODYPUMP Sergi L.		BODYCOMBAT Ana M.			14.30	15.20
<b>TARDE</b>											
15.30	16.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	15.30	16.20
16.30	17.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	16.30	17.20
17.00	17.15	SF	G.A.P 15'	DTS 15'	RADIKAL 15'	ESTIRAMIENTOS 15'	ABDOMINALES 15'			17.00	17.15
17.30	18.20	DC			DUET CAMP Ana M.					17.30	18.20
17.30	18.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	17.30	18.20
17.30	18.20	S2	STEP Xavi J.	G.A.P 50' Sergi L.	BODYATTACK Sergi L.	BODYPUMP Sergi L.	GLAM DANCE Xavier J.			17.30	18.20
17.30	18.20	S3	PILATES Antonio M.	YOGA Pachi M.	GAP 50' Xavi J.	BODYCOMBAT Xavi J.	G.A.P 50' Ana M.			17.30	18.20
18.00	18.15	SF	ABDOMINALES 15'	G.A.P 15'	ABDOMINALES 15'	RADIKAL 15'	DTS 15'			18.00	18.15
18.00	18.50	S2						BODYPUMP Carlos D.		18.00	18.50
18.30	19.20	SC	CYCLING Paco G.	CYCLING Dani G.	CYCLING Dani G.	CYCLING Ana M.	CYCLING Dani G.			18.30	19.20
18.30	19.20	S2	BODYATTACK Sergi L.	BODYPUMP Ana M.	BODYCOMBAT Ana M.	STEP Xavi J.	BODYPUMP Sergi L.			18.30	19.20
18.30	19.20	S3	GAP 50' Xavi J.	BODYBALANCE Natalia F.	GLAM DANCE Xavi J.	ZUMBA Natalia F.	YOGA Pachi M.			18.30	19.20
18.30	19.20	DC		DUET CAMP Sergi L.			DUET CAMP Ana M.			18.30	19.20
19.00	19.15	FIT	RADIKAL 15'	ABDOMINALES 15'	DTS 15'	ABDOMINALES 15'	G.A.P 15'			19.00	19.15
19.00	19.50	SC						CYCLING Carlos D.	CYCLING VIRTUAL	19.00	19.50
19.30	20.20	SC	CYCLING Sergi L.	CYCLING Sergi L.	CYCLING Sergi L.	CYCLING Dani G.	CYCLING Dani G.			19.30	20.20
19.30	20.20	S2	BODYCOMBAT Ana M.	STEP Xavier J.	BODYPUMP Xavi J.	HIIT SERIES Ana M.	BODYCOMBAT Sergi L.			19.30	20.20
19.30	20.20	S3	ZUMBA Xavi J.	HIIT SERIES Ana M.	PILATES Antonio M.	BODYBALANCE Natalia F.	PILATES Antonio M.			19.30	20.20
19.30	20.20	DC	DUET CAMP Paco G.		DUET CAMP Roberto M.					19.30	20.20
19.30	20.20	OUT		RUNNERS Roberto M.		RUNNERS Sergi L.				19.30	20.20
20.00	20.15	SF		ESTIRAMIENTOS 15'	G.A.P 15'			ESTIRAMIENTOS 15'		20.00	20.15
20.30	21.20	SC	CYCLING Ana M.	CYCLING Sergi L.	CYCLING Sergi L.	CYCLING Ana M.	CYCLING VIRTUAL			20.30	21.20
20.30	21.20	S2	BODYPUMP Sergi L.	ZUMBA Xavier J.	STRONG Maxson L.	BODYATTACK Sergi L.	ZUMBA Xavier J.			20.30	21.20
20.30	21.20	S3	PILATES Antonio M.	BOXEO César R.	BODYBALANCE Natalia F.	BOXEO César R.				20.30	21.20
20.30	21.20	DC		DUET CAMP Ana M.		DUET CAMP Roberto M.				20.30	21.20
21.00	21.15	SF	ESTIRAMIENTOS 15'		ESTIRAMIENTOS 15'		ESTIRAMIENTOS 15'			21.00	21.15
21.30	22.00	S2	BODYATTACK 30' Sergi L.	BODYCOMBAT 30' Sergi L.						21.30	22.00
21.30	22.20	SC			BODYPUMP Maxson L.					21.30	22.20
21.30	22.20	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			21.30	22.20

\* Actividad en próxima apertura.

DIFICULTAD	CLASIFICACIÓN DE LAS ACTIVIDADES DIRIGIDAS	ESPACIOS
♥ NIVEL MEDIO - ALTO	ACTIVIDADES QUEMACALORIAS	SC SALA CYCLING
♥ NIVEL MEDIO - ALTO	ACTIVIDADES TONIFICACIÓN	S2 SALA 2
♥ NIVEL MEDIO -BAJO	ACTIVIDADES SALUD	S3 SALA 3
♥ NIVEL MEDIO -BAJO	ACTIVIDADES PREVENTIVAS Y RELAJACIÓN	SF SALA FITNESS
		DC DUET CAMP
		OUT. EXTERIORES

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