

ACTIVIDADES DIRIXIDAS MULTIUSOS FONTES DO SAR

HORARIOS 22-28 OUTUBRO 2018. RUNNING MARTES E XOVES 20:30-22:00 H. SÁBADOS ÁS 11:00 E 12:00 H. ZUMBA CON PAULA VERA E DOMINGOS CROSSCIRCUIT 11:30 H. E FIT-BIKE 12:30 H. CON IAGO

Para estar máis actualizado consulta nas pantallas de horarios (poderá haber modificacións por partidos, baixas, eventos,...)

| INICIO | | FIN | | LUNS | | | | MARTES | | | | MERCORES | | | | XOVES | | | | VENRES | | | |
|--|-------|--|--|------------|---|--|---------|------------|---|---|---------|------------|---|-------------------------------------|---------|------------|---|--|---------|------------|---|---|---------|
| | | | | ACTIVIDADE | S | N | MONITOR | ACTIVIDADE | S | N | MONITOR | ACTIVIDADE | S | N | MONITOR | ACTIVIDADE | S | N | MONITOR | ACTIVIDADE | S | N | MONITOR |
| 8:30 | 9:15 | CROSSCIRCUIT 45' SALA 9 TERESA | | | | FIT-BIKE 6 1 TERESA | | | | CROSSCIRCUIT 45' Z. FUNCIONAL TERESA | | | | FIT-BIKE 6 1 TERESA | | | | CROSSCIRCUIT 45' SALA 9 TERESA | | | | | |
| 9:00 | 9:55 | | | | | TAI-CHI 9:45-10:55 H. SALA 13 | | | | | | | | TAI-CHI 9:45-11:00 H. SALA 8 | | | | | | | | | |
| 9:10 | 10:05 | | | | | CROSSCIRCUIT SENIOR 9:20 HRS Z. FUNCIONAL TERESA | | | | | | | | ESTIRAMOS 9:20 HRS SALA 4 TERESA | | | | | | | | | |
| 9:20 | 10:00 | GAP 13 1 TERESA | | | | AB&GL 9 1 GESTAL | | | | CROSSCIRCUIT 45' Z. FUNCIONAL GESTAL | | | | TONO 9 1 GESTAL | | | | TAI-CHI 9:45-11:00 H. SALA 8 | | | | | |
| 10:00 | 10:55 | 60* 13 1 DAVID | | | | | | | | 60* 13 1 DAVID | | | | | | | | 60* 13 1 DAVID | | | | | |
| 10:05 | 11:00 | 60* 4 1 MARIA F. | | | | | | | | 60* 4 1 MARIA F. | | | | | | | | TONO 9 1 TOÑO | | | | | |
| 10:10 | 10:05 | PUMP 9 1 GESTAL | | | | FIT-BIKE 6 1 GESTAL | | | | PUMP 10:05-11:10 HRS SALA 9 ELOY | | | | FULL CONTACT 10:15-11:10 SALA 7 | | | | ZUMBA 4 1 ANA | | | | | |
| 10:10 | 11:05 | | | | | FULL CONTACT 10:15-11:10 SALA 7 | | | | AB&GL 7 1 GESTAL | | | | AB&GL 9 1 ISAAC | | | | ELYPTIC 45' 12 1 ISAAC | | | | | |
| 10:15 | 11:10 | ELYPTIC 45' 12 2 ISAAC | | | | AB&GL 9 1 PAULA | | | | | | | | BODYJAM 13 1 ELOY | | | | CAPOEIRA 7 1 MODELO | | | | | |
| 10:15 | 11:10 | CROSSCIRCUIT 45' Z. FUNCIONAL MODELO | | | | BODYSTEP 4 1 ELOY | | | | ELYPTIC 45' 12 1 ISAAC | | | | FIT-BIKE 6 3 GESTAL | | | | | | | | | |
| 11:10 | 12:05 | BODYSTEP 11:15 HRS SALA 4 TOÑO | | | | QI GONG 11:00-12:15 HRS SALA 8 | | | | AB&GL/EST 9 1 ELOY | | | | QI GONG 11:00-12:15 HRS SALA 8 | | | | CROSSCIRCUIT 45' SALA 4 GESTAL | | | | | |
| 11:15 | 12:10 | ZUMBA 13 1 ANA | | | | CROSSCIRCUIT 45' SALA 9 ISAAC | | | | ZUMBA 13 1 ANA | | | | | | | | COMBAT 9 1 MODELO | | | | | |
| 11:15 | 12:10 | CROSSCIRCUIT 45' ZONA FUNCIONAL ISAAC | | | | | | | | HIPOPRESIVOS SALA 8 /CROSSCIRCUIT Z. FUNC. | | | | | | | | ZUMBA 13 1 ANA | | | | | |
| 11:15 | 12:10 | HIPOPRESIVOS SALA 8 11:15 HRS JAVIER | | | | ZUMBA 13 1 ANA | | | | CAPOEIRA 11:15 HRS SALA 7 MODELO | | | | | | | | HIPOPRESIVOS SALA 8 11:15 HRS JAVIER | | | | | |
| 11:15 | 12:10 | FIT-BIKE 6 1 GESTAL | | | | AFS 4 1 ELOY | | | | COMBAT 4 1 TOÑO | | | | BODYSTEP 4 1 ELOY | | | | | | | | | |
| 12:30 | 13:00 | | | | | AB&GL 4 1 ELOY | | | | FIT-BIKE 12:15-13:10 HRS SALA 6 ISAAC | | | | | | | | | | | | | |
| 14:15 | 15:00 | CROSSCIRCUIT 45' ZONA FUNCIONAL GESTAL | | | | | | | | CROSSCIRCUIT 45' ZONA FUNCIONAL GESTAL | | | | | | | | CROSSCIRCUIT 45' SALA 4 GESTAL | | | | | |
| VISITANOS EN WWW.MULTIUSOS.NET E BÚSCANOS EN FACEBOOK | | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | 16:00 | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | 16:25 | FIT-BIKE 6 2 ISAAC | | | | | | | | FIT-BIKE 6 3 ISAAC | | | | FIT-BIKE 6 3 ISAAC | | | | FIT-BIKE NIVEL 1 15:30-17:00 HRS ISAAC | | | | | |
| 16:00 | 16:30 | ELYPTIC 12 1 PUMI | | | | ELYPTIC 12 2 ISAAC | | | | ELYPTIC 12 1 PUMI | | | | ELYPTIC 12 2 J. BARREIRO | | | | | | | | | |
| 16:35 | 17:05 | AB&GL 13 1 PUMI | | | | AB&GL 13 1 ISAAC | | | | AB&GL 13 1 PUMI | | | | AB&GL 13 1 J. BARREIRO | | | | | | | | | |
| 17:05 | 18:00 | ZUMBA 13 1 ANA | | | | ZUMBA 13 1 ANA | | | | ZUMBA 13 1 ARACELI | | | | ZUMBA 13 1 ANA | | | | | | | | | |
| 17:10 | 18:00 | CROSSCIRCUIT 45 Z. FUNCIONAL PUMI | | | | | | | | CROSSCIRCUIT 45 Z. FUNCIONAL PUMI | | | | | | | | | | | | | |
| 18:00 | 18:55 | TONO 9 1 IAGO | | | | ZUMBA 13 1 LUCÍA | | | | AB&GL 4 1 CAMILA | | | | AB&GL 4 1 ISAAC | | | | | | | | | |
| 18:05 | 19:00 | | | | | HIPOPRESIVOS SALA 4 | | | | IOGA 18:15-19:45 HRS SALA 8 CARLOS | | | | HIPOPRESIVOS SALA 13 | | | | | | | | | |
| 19:05 | 20:00 | COMBAT 13 1 SERGIO | | | | ZUMBA 4 1 LUCHI | | | | ZUMBA 13 1 ANA | | | | | | | | ZUMBA 13 1 LUCHI | | | | | |
| 19:05 | 20:00 | CROSSCIRCUIT 45 ZONA FUNCIONAL MODELO | | | | TONO 9 1 TOÑO | | | | PUMP 9 1 ELOY | | | | | | | | | | | | | |
| 19:00 | 20:30 | FULL CONTACT 19:30-21:00 HRS SALA 7 | | | | CROSSCIRCUIT 45' 19:05 H. Z. FUNCIONAL MODELO | | | | CROSSCIRCUIT 45' 19:05 H. Z. FUNCIONAL MODELO | | | | FULL CONTACT 19:15-20:45 HRS SALA 7 | | | | HATHA IOGA 7 1 TOÑO | | | | | |
| 19:10 | 20:05 | ZUMBA 4 1 LUCHI | | | | COMBAT 13 1 SERGIO | | | | COMBAT 4 1 SERGIO | | | | TONO 9 1 ISAAC | | | | | | | | | |
| 19:15 | 20:10 | AB&GL 9 1 PAULA | | | | AUTODEFENSA 7 1 JUANCHO | | | | FULL CONTACT 19:30-21:00 HRS SALA 7 | | | | ZUMBA 13 1 LUCHI | | | | TONO 4 1 J.BARREIRO | | | | | |
| 20:00 | 21:25 | TAI-CHI 8 1 TOÑO | | | | HATHA IOGA 1 8 1 TOÑO | | | | TAI-CHI 8 1 TOÑO | | | | HATHA IOGA 1 8 1 TOÑO | | | | | | | | | |
| 20:05 | 20:35 | | | | | ELYPTIC 12 1 TOÑO | | | | | | | | ELYPTIC 12 1 TOÑO | | | | | | | | | |
| 20:15 | 21:10 | ELYPTIC 45' 20:15 HRS SALA 12 BERTA | | | | FIT-BIKE 6 2 PUMI | | | | AB&GL/EST 9 1 ELOY | | | | PUMP 9 1 PUMI | | | | | | | | | |
| 20:15 | 21:10 | BODYSTEP 4 1 SERGIO | | | | PUMP 9 1 CAMILA | | | | BODYSTEP 4 1 SERGIO | | | | COMBAT 13 1 MODELO | | | | | | | | | |
| 20:15 | 21:10 | ZUMBA 13 1 PAULA | | | | CAPOEIRA 7 1 MODELO | | | | FIT-BIKE 6 3 RAFA | | | | FIT-BIKE 6 1 ISAAC | | | | BODYSTEP 4 1 TOÑO | | | | | |
| 20:15 | 21:10 | FIT-BIKE 6 1 RAFA | | | | BODYJAM 13 1 ELOY | | | | ZUMBA 13 1 PAULA | | | | BODYSTEP 4 1 PAULA | | | | COMBAT 13 1 J.BARREIRO | | | | | |
| 20:15 | 21:10 | CARDIOTONO 9 1 TOÑO | | | | BODYSTEP 4 1 SERGIO | | | | CROSSCIRCUIT 45' Z. FUNCIONAL ISAAC | | | | | | | | | | | | | |
| 20:30 | 22:00 | CROSSCIRCUIT 45' 20:15 H. Z. FUNCIONAL ISAAC | | | | AD. FUNCIONAL 20:00 HRS ISAAC | | | | | | | | CONTACT KÁRATE 20:45-21:45 HRS | | | | KUND. IOGA 7 1 TOÑO | | | | | |
| 20:40 | 21:10 | | | | | ELYPTIC 12 1 TOÑO | | | | | | | | ELYPTIC 12 1 TOÑO | | | | | | | | | |
| 21:05 | 22:05 | BOXEO 7 1 JUANCHO | | | | | | | | BOXEO 7 1 JUANCHO | | | | | | | | | | | | | |
| 21:15 | 22:10 | BODYSTEP 4 1 TOÑO | | | | CAPOEIRA 7 1 MODELO | | | | AD. FUNCIONAL 21:00 HRS ISAAC | | | | CAPOEIRA 13 1 MODELO | | | | | | | | | |
| 21:15 | 22:10 | COMBAT 13 1 SARA | | | | ALTO IMPACTO 13 1 ELOY | | | | COMBAT 13 1 SARA | | | | | | | | | | | | | |
| 21:15 | 22:10 | PUMP 9 1 SERGIO | | | | CROSSCIRCUIT 45' Z. FUNCIONAL SERGIO | | | | FIT-BIKE 6 1 RAFA | | | | BODYSTEP 4 1 TOÑO | | | | | | | | | |
| 21:15 | 22:10 | | | | | FIT-BIKE 6 1 CAMILA | | | | ZUMBA 4 1 PAULA | | | | | | | | | | | | | |
| 21:15 | 22:10 | FIT-BIKE 6 2 RAFA | | | | BODYSTEP 4 1 TOÑO | | | | ELYPTIC 12 2 BERTA | | | | FIT-BIKE 6 1 BERTA | | | | FIT-BIKE 6 1 IAGO | | | | | |
| 21:30 | 22:55 | KUND. IOGA 1 8 1 TOÑO | | | | MEDITACIÓN 8 2 TOÑO | | | | KUND. IOGA 1 8 1 TOÑO | | | | IOGA 8 1 TOÑO | | | | | | | | | |

DEBERÁS COLLER TIQUE EN RECEPCIÓN PARA IR AS CLASES DE IOGA, AD. FUNCIONAL, ELYPTIC, FIT-BIKE E CROSSCIRCUIT.