


Hora	LUNS	MARTES	MÉRCORES	XOVES	VENRES	Hora
08:30	BODYFIT	BIKE-DUO	FIT-TONO	GAP		08:30
09:00	ABDOMINAIS	STRECHING	FITPOWER	BIKE-DUO	ABDOMINAIS	09:00
09:30	STRECHING	GAP	STRECHING	BODYMOVE	FITPOWER	09:30
10:00	BIKEINDOOR	FITPILATES	CARDIOBOX	FITPILATES	TERAGYM	10:00
10:30		BIKEINDOOR	BIKEINDOOR	BIKEINDOOR	BIKEINDOOR	10:30
10:45		AQUATONO		AQUAFIT		10:45
11:00			AQUARUNING			11:00
11:30	AQUARUNING					11:30
12:00		AQUATRaining		AQUATRaining	AQUATRaining	12:00
12:30						12:30
13:00						13:00
18:00		BODYMOVE	ABDOMINAIS	BODYMOVE		18:00
18:30	ABDOMINAIS	GAP	FITPOWER	CARDIOBOX		18:30
19:00	FITPOWER	CARDIOBOX	CARDIOFIT	BIKE-DUO		19:00
19:30	STRECHING	BODYFIT	GAP	FITPOWER		19:30
20:00	BIKEINDOOR AQUATRaining	FITPILATES	BIKEINDOOR AQUATRaining	FITPILATES	GAP	20:00
20:30	GAP	BIKEINDOOR	ABDOMINAIS	BIKEINDOOR	BIKEINDOOR	20:30
21:00	CARDIOBOX	ABDOMINAIS	BIKEINDOOR	CARDIO MAX(21:15)		21:00
21:30		BIKEINDOOR				21:30
21:45				STRECHING		21:45

Alta Intensidade Intensidade Media

Centro Deportivo
Moaña

Wellness, intensidade baixa Piscina