

ACTIVITATS DIRIGIDES

2017/2018

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	SALA	HORARI
8.00	1	PILATES MARI					1	8.00
	3					SPINNING VIRTUAL	3	
8.30	1			PILATES ROCIO			1	8.30
	2	★ FUNCIONAL ROLLER 30' ROCIO					2	
	3		TONO TRAINING ROCIO	SPINNING VIRTUAL	SPINNING ROCIO		3	
	PISC	AQUASUAU PANCHO	AQUATO DAVID	AQUASUAU PANCHO	AQUASUAU DAVID		PISC	
9.00	1	★ FUNCIONAL DIP BAR 30' NATI	★ MEDITACIÓ PANCHO		ABD.HIPOPRESSIUS 30' PANCHO		1	9.00
9.30	1	EDAT D'OR SERGIO	IOGA 60' PANCHO	EDAT D'OR SERGIO	PILATES PANCHO	IOGA 60' PANCHO	1	9.30
	2	AEROBIC MARI	TOTAL BODY DAVID	CARDIOBOX ROCIO	ZUMBA RAQUEL	TONO TRAINING ROCIO	2	
	3	SPINNING ROCIO	TRX ABD 30' ROCIO	SPINNING VIRTUAL	TRX 30' DAVID		3	
	PISC	AQUAGYM NATI	AQUATO YOLANDA	AQUAGYM PANCHO	AQUATO ROCIO	AQUAGYM YOLANDA	PISC	
10.30	1	IOGATERÀPIA 60' PANCHO	PILATES ROCIO	IOGATERÀPIA 60' PANCHO	ABDOMINALS 30' ROCIO	PILATES PANCHO	1	10.30
	2	TOTAL BODY MARI	ADULTS SERGIO	ADULTS ROCIO	ADULTS DAVID		2	
	3	SPINNING ROCIO	SPINNING VIRTUAL		SPINNING VIRTUAL	SPINNING ROCIO	3	
	PISC	AQUASUAU NATI	AQUASUAU DAVID	AQUASUAU YOLANDA			PISC	
11.00	3			SPINNING VIRTUAL			3	11.00
13.30	1			PILATES MARI			1	13.30
	3	SPINNING VIRTUAL			SPINNING VIRTUAL		3	
15.15	1		PILATES SERGIO				1	15.15
	2	STEP MARI		TOTAL BODY MARI	TONO TRAINING DAVID	ZUMBA RAQUEL	2	
	3	TRX 30' SERGIO	SPINNING DAVID				3	
	PISC	AQUAGYM DAVID	AQUATO RAQUEL	AQUASPORT YOLANDA	AQUAGYM SERGIO	AQUATO YOLANDA	PISC	
16.00	3	SPINNING VIRTUAL			SPINNING VIRTUAL		3	16.00
17.00	1	★ FUNCIONAL DIP BAR 30' ROCIO	PILATES PANCHO	G.A.C.30' NATI			1	17.00
	2		★ FUNCIONAL ROLLER 30' DAVID				2	
	3		TRX STRETCH 30' ROCIO		TRX ABD 30' ROCIO	SPINNING VIRTUAL	3	
17.30	1	PILATES PANCHO		PILATES PANCHO			1	17.30
	2		G.A.C.30' ROCIO			TONO TRAINING NATI	2	
	3	SPINNING NATI	TRX 30' DAVID	SPINNING NATI	TRX 30' ROCIO		3	
18.00	1		ABD.HIPOPRESSIUS 30' PANCHO		ABD.HIPOPRESSIUS 30' PANCHO	AEROBIC MARI	1	18.00
	2	CARDIOBOX ROCIO	★ FUNCIONAL ROLLER 30' ROCIO	ZUMBA RAQUEL	TOTAL BODY ROCIO		2	
	3		SPINNING DAVID		SPINNING DAVID		3	
18.15	3					TRX 30' DAVID	3	18.15
18.30	1	G.A.C.30' DAVID	PILATES PANCHO	G.A.C.30' DAVID	★ BODYART DEBORA		1	18.30
	2		TOTAL BODY NATI			TOTAL BODY NATI	2	
	3	SPINNING NATI		SPINNING NATI			3	
19.00	1	ABD.HIPOPRESSIUS 30' PANCHO		ABD.HIPOPRESSIUS 30' PANCHO			1	19.00
	2	ZUMBA RAQUEL		★ FUNCIONAL ROLLER 30' DAVID	CARDIOBOX ROCIO		2	
	3		SPINNING ROCIO		SPINNING NATI		3	
	PISC	AQUAGYM ROCIO	AQUATO DAVID	AQUAGYM RAQUEL	AQUATO DAVID	AQUAGYM MARI	PISC	
19.30	1	PILATES PANCHO	★ BODYART DEBORA	IOGATERÀPIA 60' PANCHO	ABD.HIPOPRESSIUS 30' PANCHO	IOGATERÀPIA 60' PANCHO	1	19.30
	2		G.A.C.30' NATI	TOTAL BODY NATI			2	
	3	SPINNING NATI		SPINNING DAVID		SPINNING NATI	3	
20.00	1				★ MEDITACIÓ 30' PANCHO		1	20.00
	2	ZUMBA RAQUEL	CARDIOBOX MARI		ZUMBA RAQUEL		2	
	3		SPINNING DAVID		SPINNING NATI		3	
	PISC		AQUAEXTREM GIORGIO		AQUAEXTREM GIORGIO		PISC	
20.30	1	TAI-TXI 60' DANIEL	IOGA 60' PANCHO	TAI-TXI 60' DANIEL	IOGA 60' PANCHO		1	20.30
	3	SPINNING DAVID		SPINNING NATI		SPINNING VIRTUAL	3	
21.00	2	TONO TRAINING NATI	ZUMBA MARI	INTERVAL TRAINING SERGIO			2	21.00
	3		SPINNING VIRTUAL		TRX 30' SERGIO		3	
21.30	3	SPINNING VIRTUAL			SPINNING VIRTUAL		3	21.30
		SPINNING	TONIFICACIÓ	★	DISSABTE	DIUMENGE	SALA	HORARI
		POSTURAL /RELAX	TREBALL LOCALITZAT		SPINNING VIRTUAL	SPINNING VIRTUAL	3	10.00
		CARDIO-COREO	A.F. / BENESTAR		SPINNING VIRTUAL	SPINNING VIRTUAL		11.00
		AQUÀTIQUES	SMALL GROUP TRAIN.		SPINNING VIRTUAL			12.00

Noves activitats!!!

