

ACTIVITATS DIRIGIDES

2017/2018

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORARI
8.00	PILATES 8:00 a 8:45 Sala 1	POWER PUMP 8:30 a 9:15 Sala 2	PILATES 8:30 a 9:15 Sala 1	SPINNING 8:30 a 9:15 Sala 3	SPINNING VIRTUAL 8:00 a 8:45 Sala 3	8.00
	AQUASUAU 8:30 a 9:15 PISC	AQUATO 8:30 a 9:15 PISC	AQUASUAU 8:30 a 9:15 PISC	AQUASUAU 8:30 a 9:15 PISC		
		MEDITACIÓ 8:45 a 9:30 Sala 1	SPINNING VIRTUAL 8:30 a 9:15 Sala 3			
9.00	ESP. TREN SUPERIOR 9:00 a 9:30 Sala 2	IOGA 9:30 a 10:30 Sala 1	EDAT D'OR 9:30 a 10:15 Sala 1	PILATES 9:30 a 10:15 Sala 1	IOGA 60' 9:30 a 10:30 Sala 1	9.00
	EDAT D'OR 9:30 a 10:15 Sala 1	BODY STRONG 9:30 a 10:15 Sala 2	CARDIOBOX 9:30 a 10:15 Sala 2	ZUMBA 9:30 a 10:15 Sala 2	POWER PUMP 9:30 a 10:15 Sala 2	
	AEROBIC 9:30 a 10:15 Sala 2	TRX 9:30 a 10:00 Sala 3	AQUATO 9:30 a 10:15 PISC	HIIT 9:30 a 10:00 Sala 3	AQUATO 9:30 a 10:15 PISC	
	SPINNING 9:30 a 10:15 Sala 3	AQUAGYM 9:30 a 10:15 PISC		AQUAGYM 9:30 a 10:15 PISC		
	AQUADANCE 9:30 a 10:15 PISC					
10.00	IOGATERÀPIA 10:30 a 11:30 Sala 1	TRX ABD 10:00 a 10:30 Sala 3	IOGATERÀPIA 10:30 a 11:30 Sala 1	TRX 10:15 a 10:45 Sala 3	PILATES 10:30 a 11:15 Sala 1	10.00
	BODY STRONG 10:30 a 11:15 Sala 2	PILATES 10:30 a 11:15 Sala 1	ADULTS 10:30 a 11:15 Sala 2	ADULTS 10:30 a 11:15 Sala 2	HIIT 10:30 a 11:00 Sala 2	
	SPINNING VIRTUAL 10:30 a 11:15 Sala 3	ADULTS 10:30 a 11:15 Sala 2	TRX ABD 10:30 a 11:00 Sala 3	AQUASUAU 10:30 a 11:15 PISC	SPINNING VIRTUAL 10:30 a 11:15 Sala 3	
	AQUASUAU 10:30 a 11:15 PISC	SPINNING VIRTUAL 10:30 a 11:15 Sala 3		SPINNING VIRTUAL 10:45 a 11:30 Sala 3		
11.00			SPINNING VIRTUAL 11:00 a 11:45 Sala 3			11.00
13.30	SPINNING VIRTUAL 13:30 a 14:15 Sala 3	SPINNING VIRTUAL 13:30 a 14:15 Sala 3	POWER PUMP 13:30 a 14:15 Sala 2	SPINNING VIRTUAL 13:30 a 14:15 Sala 3	SPINNING VIRTUAL 13:30 a 14:15 Sala 3	13.30
15.00	BODY STRONG 15:15 a 16:00 Sala 1	PILATES 15:15 a 16:00 Sala 1	TOTAL BODY 15:15 a 16:00 Sala 2	POWER PUMP 15:15 a 16:00 Sala 2	ZUMBA 15:15 a 16:00 Sala 2	15.00
	AEROBIC/STEP 15:15 a 16:00 Sala 2	SPINNING 15:15 a 16:00 Sala 3	AQUASPORT 15:15 a 16:00 PISC	AQUAGYM 15:15 a 16:00 PISC	AQUATO 15:15 a 16:00 PISC	
	AQUAGYM 15:15 a 16:00 PISC	AQUADANCE 15:15 a 16:00 PISC				
16.00	SPINNING VIRTUAL 16:00 a 16:45 Sala 3	SPINNING VIRTUAL 16:00 a 16:45 Sala 3	SPINNING VIRTUAL 16:00 a 16:45 Sala 3	SPINNING VIRTUAL 16:00 a 16:45 Sala 3	SPINNING VIRTUAL 16:00 a 16:45 Sala 3	16.00
17.00	BODY STRONG 17:00 a 17:45 Sala 2	PILATES 17:00 a 17:45 Sala 1	ESP. TREN SUPERIOR 17:15 a 17:45 Sala 2	TOTAL BODY 17:00 a 17:45 Sala 2	SPINNING VIRTUAL 17:00 a 17:45 Sala 3	17.00
	PILATES 17:30 a 18:15 Sala 1	HIIT 17:15 a 17:45 Sala 2	PILATES 17:30 a 18:15 Sala 1	SPINNING VIRTUAL 17:30 a 18:15 Sala 3	ESP. TREN INFERIOR 17:30 a 18:00 Sala 2	
	SPINNING VIRTUAL 17:30 a 18:15 Sala 3					
18.00	CARDIOBOX 18:00 a 18:45 Sala 2	ABD.HIPOPRESSIUS 18:00 a 18:30 Sala 1	ZUMBA 18:00 a 18:45 Sala 2	ABD.HIPOPRESSIUS 18:00 a 18:30 Sala 1	PILATES 18:00 a 18:45 Sala 1	18.00
	ESP. TREN INFERIOR 18:30 a 19:00 Sala 1	POWER PUMP 18:00 a 18:45 Sala 2	SPINNING 18:00 a 18:45 Sala 3	POWER PUMP 18:00 a 18:45 Sala 2	AEROBIC/STEP 18:00 a 18:45 Sala 2	
		PILATES 18:30 A 19:15 Sala 1		PILATES 18:30 A 19:15 Sala 1	ESP. TREN SUPERIOR 18:45 a 19:15 Sala 1	
19.00	ABD.HIPOPRESSIUS 19:00 a 19:30 Sala 1	TOTAL BODY 19:00 a 19:45 Sala 2	ABD.HIPOPRESSIUS 19:00 a 19:30 Sala 1	CARDIOBOX 19:00 a 19:45 Sala 2	AQUAGYM 19:00 a 19:45 PISC	19.00
	ZUMBA 19:00 a 19:45 Sala 2	SPINNING 19:00 a 19:45 Sala 3	HIT 19:00 a 19:30 Sala 2	SPINNING 19:00 a 19:45 Sala 3	IOGATERÀPIA 19:30 a 20:30 Sala 1	
	SPINNING 19:00 a 19:45 Sala 3	ZUMBA 19:15 a 20:00 Sala 1	SPINNING 19:00 a 19:45 Sala 3	AQUATO 19:00 a 19:45 PISC	ZUMBA 19:30 a 20:15 Sala 2	
	AQUAGYM 19:00 a 19:45 PISC	AQUATO 19:00 a 19:45 PISC	AQUAGYM 19:00 a 19:45 PISC	ABD.HIPOPRESSIUS 19:15 a 19:45 Sala 1	SPINNING 19:30 a 20:15 Sala 3	
	PILATES 19:30 a 20:15 Sala 1		IOGATERÀPIA 19:30 a 20:30 Sala 1	MEDITACIÓ 19:45 a 20:30 Sala 1		
20.00	BODY STRONG 20:00 a 20:45 Sala 2	CARDIOBOX 20:00 a 20:45 Sala 2	SPINNING 20:00 a 20:45 Sala 3	ZUMBA 20:00 a 20:45 Sala 2		20.00
	SPINNING 20:00 a 20:45 Sala 3	SPINNING 20:00 a 20:45 Sala 3	TAI-TXI 20:30 a 21:30 Sala 1	SPINNING 20:00 a 20:45 Sala 3		
	TAI-TXI 20:30 a 21:30 Sala 1	AQUAEXTREM 20:00 a 20:45 PISC	TOTAL BODY 20:45 a 21:30 Sala 2	AQUAEXTREM 20:00 a 20:45 PISC		
	POWER PUMP 20:50 a 21:35 Sala 2	IOGA 20:30 a 21:30 Sala 1		IOGA 20:30 a 21:30 Sala 1		
21.00		HIIT 20:50 a 21:20 Sala 2		BODY STRONG 20:45 a 21:30 Sala 2		
		SPINNING VIRTUAL 21:30 a 22:15 Sala 3	TRX 21:00 a 21:30 Sala 3		SPINNING VIRTUAL 21:00 a 21:45 Sala 3	21.00
	SPINNING	TONIFICACIÓ	DISSABTE	DIUMENGE	HORARI	
	POSTURAL /RELAX	TREBALL LOCALITZAT	SPINNING VIRTUAL	SPINNING VIRTUAL	10.00	
	A.F./BENESTAR	CARDIO-COREO	SPINNING VIRTUAL	SPINNING VIRTUAL	11.00	
	AQUÀTIQUES	SMALL GROUP TRAIN.		SPINNING VIRTUAL	12.00	
			SPINNING VIRTUAL		19.00	