

# ACTIVITATS DIRIGIDES

## 2017/2018

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