

# ACTIVITATS DIRIGIDES ESTIU 2019

## Del 25 de juny al 26 de juliol

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORARI
7.00	<b>SPINNING VIRTUAL</b> 7:10 a 8:05 Sala 3	<b>SPINNING VIRTUAL</b> 7:10 a 8:05 Sala 3	<b>SPINNING VIRTUAL</b> 7:10 a 8:05 Sala 3			7.00
8.00	<b>PILATES</b> 8:15 a 9:00 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> 8:30 a 9:25 Sala 3	8.00
	<b>SPINNING VIRTUAL</b> 8:15 a 9:10 Sala 3	<b>AQUASUAU</b> 8:30 a 9:15 PISC	<b>SPINNING VIRTUAL</b> 8:15 a 9:10 Sala 3	<b>AQUASUAU</b> 8:30 a 9:15 PISC	<b>MEDITACIÓ</b> 8:45 a 9:30 Sala 1	
9.00	<b>AEROBIC</b> 9:30 a 10:15 Sala 2	<b>IOGA</b> 9:30 a 10:30 Sala 1	<b>CARDIOBOX</b> 9:30 a 10:15 Sala 2	<b>ABD.HIPOPRESSIUS</b> 9:00 a 9:30 Sala 1	<b>IOGA</b> 9:30 a 10:30 Sala 1	9.00
	<b>SPINNING</b> 9:30 a 10:15 Sala 3	<b>BODY STRONG</b> 9:30 a 10:15 Sala 2	<b>SPINNING VIRTUAL</b> 9:30 a 10:25 Sala 3	<b>PILATES</b> 9:30 a 10:15 Sala 1	<b>POWER PUMP</b> 9:30 a 10:15 Sala 2	
	<b>AQUAGYM</b> 9:30 a 10:15 PISC	<b>AQUATO</b> 9:30 a 10:15 PISC	<b>AQUAGYM</b> 9:30 a 10:15 PISC	<b>HIIT</b> 9:30 a 10:15 Sala 2	<b>AQUAGYM</b> 9:30 a 10:15 PISC	
10.00	<b>IOGATERÀPIA</b> 10:30 a 11:30 Sala 1	<b>PILATES</b> 10:30 a 11:15 Sala 1	<b>IOGATERÀPIA</b> 10:30 a 11:30 Sala 1	<b>ADULTS</b> 10:30 a 11:15 Sala 1	<b>PILATES</b> 10:30 a 11:15 Sala 1	10.00
	<b>ADULTS</b> 10:30 a 11:15 Sala 2	<b>SPINNING VIRTUAL</b> 10:30 a 11:25 Sala 3	<b>SPINNING VIRTUAL</b> 10:30 a 11:25 Sala 3	<b>POWER PUMP</b> 10:30 a 11:15 Sala 2	<b>SPINNING VIRTUAL</b> 10:30 a 11:25 Sala 3	
	<b>SPINNING VIRTUAL</b> 10:30 a 11:25 Sala 3		<b>AQUASUAU</b> 10:30 a 11:15 PISC	<b>SPINNING VIRTUAL</b> 10:30 a 11:25 Sala 3		
	<b>AQUASUAU</b> 10:30 a 11:15 PISC					
13.30	<b>SPINNING VIRTUAL</b> 13:30 a 14:25 Sala 3	<b>SPINNING VIRTUAL</b> 13:30 a 14:25 Sala 3	<b>SPINNING VIRTUAL</b> 13:30 a 14:25 Sala 3	<b>SPINNING VIRTUAL</b> 13:30 a 14:25 Sala 3	<b>SPINNING VIRTUAL</b> 13:30 a 14:25 Sala 3	13.30
15.00	<b>AEROBIC/STEP</b> 15:15 a 16:00 Sala 2	<b>PILATES</b> 15:15 a 16:00 Sala 1	<b>POWER PUMP</b> 15:15 a 16:00 Sala 2	<b>SPINNING</b> 15:15 a 16:00 Sala 3	<b>BODY STRONG</b> 15:15 a 16:00 Sala 2	15.00
	<b>AQUAGYM</b> 15:15 a 16:00 PISC	<b>SPINNING VIRTUAL</b> 15:15 a 16:10 Sala 3	<b>AQUASPORT</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	
16.00	<b>SPINNING VIRTUAL</b> 16:15 a 17:10 Sala 3	<b>SPINNING VIRTUAL</b> 16:15 a 17:10 Sala 3	<b>SPINNING VIRTUAL</b> 16:15 a 17:10 Sala 3	<b>SPINNING VIRTUAL</b> 16:00 a 16:55 Sala 3	<b>SPINNING VIRTUAL</b> 16:15 a 17:10 Sala 3	16.00
17.00	<b>PILATES</b> 17:15 a 18:00 Sala 1	<b>BODY STRONG</b> 17:00 a 17:45 Sala 2	<b>POWER PUMP</b> 17:15 a 18:00 Sala 2	<b>SPINNING VIRTUAL</b> 17:00 a 17:55 Sala 3	<b>SPINNING VIRTUAL</b> 17:30 a 18:25 Sala 3	17.00
	<b>POWER PUMP</b> 17:15 a 18:00 Sala 2	<b>SPINNING VIRTUAL</b> 17:15 a 18:10 Sala 3		<b>PILATES</b> 17:15 a 18:00 Sala 1		
18.00	<b>CARDIOBOX</b> 18:00 a 18:45 Sala 2	<b>POWER PUMP</b> 18:00 a 18:45 Sala 2	<b>IOGATERÀPIA</b> 18:00 a 19:00 Sala 1	<b>ZUMBA</b> 18:00 a 18:45 Sala 1	<b>PILATES</b> 18:00 a 18:45 Sala 1	18.00
	<b>TRX</b> 18:15 a 18:45 Sala 3	<b>PILATES</b> 18:00 a 18:45 Sala 1	<b>SPINNING VIRTUAL</b> 18:00 a 18:55 Sala 3	<b>POWER PUMP</b> 18:00 a 18:45 Sala 2	<b>AEROBIC/STEP</b> 18:00 a 18:45 Sala 2	
19.00	<b>ZUMBA</b> 19:00 a 19:45 Sala 2	<b>STRONG BY ZUMBA</b> 19:00 a 19:45 Sala 2	<b>ABD.HIPOPRESSIUS</b> 19:00 a 19:30 Sala 1	<b>PILATES</b> 19:00 a 19:45 Sala 1	<b>MEDITACIÓ</b> 19:00 a 19:45 Sala 1	19.00
	<b>SPINNING</b> 19:00 a 19:45 Sala 3	<b>SPINNING</b> 19:00 a 19:45 Sala 3	<b>POWER PUMP</b> 19:00 a 19:45 Sala 2	<b>CARDIOBOX</b> 19:00 a 19:45 Sala 2	<b>POWER PUMP</b> 19:00 a 19:45 Sala 2	
	<b>AQUATO</b> 19:00 a 19:45 PISC	<b>AQUAGYM</b> 19:00 a 19:45 PISC	<b>SPINNING</b> 19:00 a 19:45 Sala 3	<b>SPINNING</b> 19:00 a 19:45 Sala 3	<b>SPINNING</b> 19:00 a 19:45 Sala 3	
	<b>PILATES</b> 19:30 a 20:15 Sala 1	<b>PILATES</b> 19:30 a 20:15 Sala 1	<b>AQUATO</b> 19:00 a 19:45 PISC	<b>AQUAGYM</b> 19:00 a 19:45 PISC	<b>AQUATO</b> 19:00 a 19:45 PISC	
20.00	<b>CARDIOBOX</b> 20:00 a 20:45 Sala 2	<b>ZUMBA</b> 20:00 a 20:45 Sala 2	<b>BODY STRONG</b> 20:00 a 20:45 Sala 2	<b>POWER PUMP</b> 20:00 a 20:45 Sala 2	<b>IOGATERÀPIA</b> 20:00 a 21:00 Sala 1	20.00
	<b>TRX</b> 20:00 a 20:30 Sala 3	<b>TRX</b> 20:00 a 20:30 Sala 3	<b>TRX</b> 20:00 a 20:30 Sala 3	<b>TRX</b> 20:00 a 20:30 Sala 3		
	<b>TAI-TXI</b> <span style="color:red">▲</span> 20:30 a 21:30 Sala 1	<b>SPINNING VIRTUAL</b> 20:30 a 21:25 Sala 3	<b>TAI-TXI</b> <span style="color:red">▲</span> 20:30 a 21:30 Sala 1	<b>SPINNING VIRTUAL</b> 20:30 a 21:25 Sala 3		
	<b>SPINNING VIRTUAL</b> 20:30 a 21:25 Sala 3	<b>AQUAEXTREM</b> 20:15 a 21:00 PISC	<b>SPINNING VIRTUAL</b> 20:30 a 21:25 Sala 3	<b>AQUAEXTREM</b> 20:15 a 21:00 PISC		
		<b>IOGA *</b> 20:30 a 21:30 Sala 1		<b>IOGA *</b> 20:30 a 21:30 Sala 1		
21.00	<b>POWER PUMP</b> 21:00 a 21:45 Sala 2	<b>BODY STRONG</b> 21:00 a 21:45 Sala 2	<b>HIIT</b> 21:00 a 21:45 Sala 2	<b>SPINNING VIRTUAL</b> 21:30 a 22:25 Sala 3	<b>SPINNING VIRTUAL</b> 21:00 a 21:55 Sala 3	21.00
	<b>SPINNING VIRTUAL</b> 21:30 a 22:25 Sala 3	<b>SPINNING VIRTUAL</b> 21:30 a 22:25 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>	<b>SPINNING VIRTUAL</b>	12.00
		<b>SPINNING VIRTUAL</b>		19.00

\* L'activitat de Ioga de les 20:30 hores, es realitzarà al solarium de la piscina.

▲ no es realitzarà l'activitat de Tai-txi, els dies 10, 22 i 24 de juliol.