

ACTIVITATS DIRIGIDES

INICI EL 3 DE SETEMBRE DE 2019

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORARI
7.00	SPINNING VIRTUAL 7:10 a 8:05 Sala 3	SPINNING VIRTUAL 7:10 a 8:05 Sala 3	SPINNING VIRTUAL 7:10 a 8:05 Sala 3	SPINNING VIRTUAL 7:10 a 8:05 Sala 3		7.00
			MEDITACIÓ 7:45 a 8:30 Sala 1			
8.00	PILATES 8:15 a 9:00 Sala 1	POWER PUMP 8:30 a 9:15 Sala 2	IOGA (HATTA) 8:30 a 9:30 Sala 1	SPINNING 8:30 a 9:15 Sala 3	SPINNING VIRTUAL 8:30 a 9:25 Sala 3	8.00
	AQUASUAU 8:30 a 9:15 PISC	AQUASUAU 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	
9.00	RECUPERACIÓ SÒL PÈLVIC 9:00 a 9:30 Sala 1	EDAT D'OR 9:30 a 10:15 Sala 1	PILATES 9:30 a 10:15 Sala 1	EDAT D'OR 9:30 a 10:15 Sala 1	IOGA (ASTHANGA) 9:30 a 10:30 Sala 1	9.00
	IOGA (HATTA) 9:30 a 10:30 Sala 1	BODY STRONG/HIIT 9:30 a 10:15 Sala 2	CARDIOBOX 9:30 a 10:15 Sala 2	STRONG BY 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	SPINNING VIRTUAL 9:30 a 10:25 Sala 3	SPINNING VIRTUAL 9:30 a 10:25 Sala 3	SPINNING VIRTUAL 9:30 a 10:25 Sala 4	AQUAGYM 9:30 a 10:15 PISC	
	SPINNING 9:30 a 10:15 Sala 3	AQUATO 9:30 a 10:15 PISC	AQUAGYM 9:30 a 10:15 PISC	AQUATO 9:30 a 10:15 PISC		
	AQUAGYM 9:30 a 10:15 PISC					
10.00	IOGATERÀPIA 10:30 a 11:30 Sala 1	PILATES 10:30 a 11:15 Sala 1	IOGATERÀPIA 10:30 a 11:30 Sala 1	PILATES 10:30 a 11:15 Sala 1	PILATES 10:30 a 11:15 Sala 1	10.00
	POWER PUMP 10:30 a 11:15 Sala 2	ADULTS 10:30 a 11:15 Sala 2	GAC 10:30 a 11:00 Sala 2	ADULTS 10:30 a 11:15 Sala 2	SPINNING 10:30 a 11:15 Sala 3	
	AQUASUAU 10:30 a 11:15 PISC	AQUASUAU 10:30 a 11:15 PISC		AQUASUAU 10:30 a 11:15 PISC		
13.30	SPINNING VIRTUAL 13:30 a 14:25 Sala 3	SPINNING VIRTUAL 13:30 a 14:25 Sala 3	SPINNING VIRTUAL 13:30 a 14:25 Sala 3	SPINNING VIRTUAL 13:30 a 14:25 Sala 3	SPINNING VIRTUAL 13:30 a 14:25 Sala 3	13.30
15.00	PILATES 15:15 a 16:00 Sala 1	POWER PUMP 15:15 a 16:00 Sala 2	AEROBIC/STEP 15:15 a 16:00 Sala 2	STRONG BY ZUMBA 15:15 a 16:00 Sala 2	BODY STRONG/HIIT 15:15 a 16:00 Sala 2	15.00
	SPINNING 15:15 a 16:00 Sala 3	SPINNING VIRTUAL 15:15 a 16:10 Sala 3	TRX 15:15 a 16:00 Sala 3	SPINNING VIRTUAL 15:15 a 16:10 Sala 3	AQUAGYM 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	AQUATO 15:15 a 16:00 PISC		
16.00	SPINNING VIRTUAL 16:00 a 16:55 Sala 3	SPINNING VIRTUAL 16:15 a 17:10 Sala 3	SPINNING VIRTUAL 16:00 a 16:55 Sala 3	SPINNING VIRTUAL 16:15 a 17:10 Sala 3	SPINNING VIRTUAL 16:00 a 16:55 Sala 3	16.00
17.00	PILATES 17:15 a 18:00 Sala 1	POWER PUMP 17:00 a 17:45 Sala 2	PILATES 17:15 a 18:00 Sala 1	BODY STRONG/HIIT 17:00 a 17:45 Sala 2	SPINNING VIRTUAL 17:30 a 18:25 Sala 3	17.00
	GAC 17:15 a 17:45 Sala 2	FAMILY ZUMBA 17:15 a 18:00 Sala 1	TRX 17:15 a 18:00 Sala 3	FAMILY ZUMBA 17:15 a 18:00 Sala 1		
18.00	PILATES 18:00 a 18:45 Sala 1	POWER PUMP 18:00 a 18:45 Sala 2	IOGATERÀPIA 18:00 a 19:00 Sala 1	STRONG BY ZUMBA 18:00 a 18:45 Sala 1	PILATES 18:00 a 18:45 Sala 1	18.00
	CARDIOBOX 18:00 a 18:45 Sala 2	PILATES 18:15 a 19:00 Sala 1	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	
	TRX 18:00 a 18:45 Sala 3	TRX 18:00 a 18:45 Sala 3	ZUMBA 18:00 a 18:45 Sala 2	SPINNING VIRTUAL 18:00 a 18:55 Sala 3		
19.00	PILATES 19:00 a 19:45 Sala 1	AEROBIC/STEP 19:00 a 19:45 Sala 1	RECUPERACIÓ SÒL PÈLVIC 19:00 a 19:30 Sala 1	PILATES 19:00 a 19:45 Sala 1	MEDITACIÓ 19:00 a 19:45 Sala 1	19.00
	ZUMBA 19:00 a 19:45 Sala 2	STRONG BY ZUMBA 19:00 a 19:45 Sala 2	BODY STRONG/HIIT 19:00 a 19:45 Sala 2	CARDIOBOX 19:00 a 19:45 Sala 2	POWER PUMP 19:00 a 19:45 Sala 2	
	SPINNING 19:00 a 19:45 Sala 3	SPINNING 19:00 a 19:45 Sala 3	SPINNING 19:00 a 19:45 Sala 3	SPINNING 19:00 a 19:45 Sala 3	SPINNING 19:00 a 19:45 Sala 3	
	AQUATO 19:00 a 19:45 PISC	AQUAGYM 19:00 a 19:45 PISC	AQUATO 19:00 a 19:45 PISC	AQUAGYM 19:00 a 19:45 PISC	AQUATO 19:00 a 19:45 PISC	
		PILATES 19:45 a 20:30 Sala 1	IOGATERÀPIA 19:30 a 20:30 Sala 1	ZUMBA 19:45 a 20:00 Sala 2		
20.00	STRONG BY ZUMBA 20:00 a 20:45 Sala 2	ZUMBA 20:00 a 20:45 Sala 2	POWER PUMP 20:00 a 20:45 Sala 2	BODY STRONG/HIIT 20:00 a 20:45 Sala 2	IOGATERÀPIA 20:00 a 21:00 Sala 1	20.00
	TRX 20:00 a 20:45 Sala 3	SPINNING VIRTUAL 20:00 a 20:55 Sala 3	TRX 20:00 a 20:45 Sala 3	SPINNING VIRTUAL 20:00 a 20:55 Sala 3		
	TAI-TXI 20:30 a 21:30 Sala 1	AQUAEXTREM 20:00 a 20:45 PISC	TAI-TXI 20:30 a 21:30 Sala 1	IOGA (ASTHANGA) 20:30 a 21:30 Sala 1		
		IOGA (HATTA) 20:30 a 21:30 Sala 1				
21.00	SPINNING VIRTUAL 21:00 a 21:55 Sala 3	SPINNING VIRTUAL 21:00 a 21:55 Sala 3	GAC 21:00 a 21:30 Sala 2	SPINNING VIRTUAL 21:00 a 21:55 Sala 3	SPINNING VIRTUAL 21:00 a 21:55 Sala 3	21.00
	POWER PUMP 21:00 a 21:45 Sala 2	BODY STRONG/HIIT 21:00 a 21:45 Sala 2	SPINNING VIRTUAL 21:00 a 21:55 Sala 3		STRONG BY ZUMBA 21:00 a 21:45 Sala 2	
	POSTURAL /RELAX	SPINNING	TONIFICACIÓ	TREBALL LOCALITZAT	A.F./BENESTAR	
		AQUÀTIQUES	CARDIO-COREO	SMALL GROUP TRAIN.	PREPARACIÓ / RECUPERACIÓ	
			DISSABTE	DIUMENGE		
	CAP DE SETMANA SPINNING VIRTUAL		10:00, 11:00, 12:00 i 19:00 h	10:00, 11:00 i 12:00 h		