



Horaris d'activitats dirigides

a partir de l'11 d'abril de 2023

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7.15h	8.00h	Sala 2	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	Cycling	CyclingVIRTUAL		
7.15h	8.10h	Sala 1	CTC		LES MILLS BODYPUMP		Pilates ^{N!}		
7.15h	8.10h	Box		CrossTraining		CrossTraining			
7.30h	8.00h	Sala 1		Core					
8.15h	9.00h	Piscina	Aiguagim	Aiguagim	Aiguagim	Aiguagim	Aiguagim		
8.30h	9.15h	Sala 2	CyclingVIRTUAL	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		
8.30h	9.25h	Sala 1	Pilates		ZUMBA fitness	Pilates	LES MILLS BODYPUMP		
8.30h	9.25h	Box	CTC						
9.15h	10.00h	Piscina	Aiguagim	Aiguagim	Aiguagim	Aiguagim	Aiguagim		
9.15h	10.10h	Box		loga					
9.30h	10.15h	Sala 1			Ed. Postural	Ed. Postural			
9.30h	10.15h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
9.30h	10.15h	Box	Hipopressius						
9.30h	10.25h	Sala 1	LES MILLS BODYPUMP	COMBAT			CTC		
9.30h	10.25h	Box			Balance				
10.15h	11.10h	Sala 1							LES MILLS BODYPUMP
10.30h	11.00h	Sala 1			Core				
10.30h	11.15h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
10.30h	11.25h	Sala 1	CTC			LES MILLS BODYPUMP		LES MILLS BODYPUMP	
11.30h	12.25h	Sala 1							Balance
11.30h	12.25h	Box						CrossTraining	
12.45h	13.30h	Piscina							Aiguagim
13.30h	14.25h	Sala 1	LES MILLS BODYPUMP						
13.30h	14.25h	Box		CTC		CrossTraining			
14.00h	14.45h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		
14.30h	15.25h	Sala 1	Balance		Pilates				
15.15h	16.00h	Sala 2	CyclingVIRTUAL	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		
15.15h	16.00h	Piscina		Aiguagim		Aiguagim	AiguaZumba		
15.15h	16.10h	Box	CrossTraining						
15.30h	16.25h	Sala 1			LES MILLS BODYPUMP				
16.15h	17.00h	Piscina	Aiguagim						
16.15h	17.10h	Sala 1		Pilates		loga			
17.00h	17.55h	Sala 1					ZUMBA fitness		
17.30h	18.00h	Sala 1				Core			
17.30h	18.15h	Sala 2	CyclingVIRTUAL	Cycling	CyclingVIRTUAL	Cycling	CyclingVIRTUAL		
18.00h	18.30h	Box		HIIT		HIIT			
18.00h	18.45h	Sala 1			FitDance				
18.00h	18.55h	Sala 1	LES MILLS BODYPUMP	Pilates			CTC		
18.00h	18.55h	Box	CrossTraining		loga		Pilates		
18.15h	19.00h	Sala 1				FitDance			
18.30h	19.15h	Sala 2	Cycling	Cycling	Cycling	Cycling	Cycling		
18.30h	19.25h	Box		CrossTraining		CrossTraining			
19.00h	19.45h	Piscina		Aiguagim	AiguaRelax	Aiguagim			
19.00h	19.55h	Sala 1		LES MILLS BODYPUMP	Pilates		LES MILLS BODYPUMP		
19.00h	19.55h	Box	loga						
19.15h	20.00h	Sala 1	FitDance						
19.15h	20.10h	Sala 1				COMBAT			
19.30h	19.45h	Fitness		Abdominals		Abdominals	Abdominals		
19.30h	20.15h	Sala 2	Cycling	CyclingVIRTUAL	Cycling	CyclingVIRTUAL	CyclingVIRTUAL		
19.30h	20.15h	Piscina	Aiguagim						
19.30h	20.25h	Box		CrossTraining	CrossTraining	CrossTraining	CrossTraining		
19.45h	20.30h	Piscina			Aiguagim		Aiguagim		
20.00h	20.55h	Sala 1		ZUMBA fitness	COMBAT				
20.15h	20.30h	Fitness	Abdominals	Abdominals	Abdominals				
20.15h	21.00h	Piscina	Aiguagim						
20.30h	21.00h	Box		HIIT		HIIT			
20.30h	21.15h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		
20.30h	21.25h	Sala 1	LES MILLS BODYPUMP			LES MILLS BODYPUMP			
20.30h	21.25h	Box	CrossTraining		Pilates				

N! Nova activitat dirigida

SEMPRE AL TEU RITME

La Direcció podrà, quan ho consideri necessari o per causes alienes al centre, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat de substitució.