



Horaris d'activitats dirigides

a partir del 12 de setembre de 2023

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7.15	8.00	Sala 2	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	Cycling	CyclingVIRTUAL		
7.15	8.10	Sala 1	HIIT		LES MILLS BODYPUMP		Pilates		
7.15	8.10	Box		CrossTraining		CrossTraining			
7.30	8.00	Sala 1		Core					
8.15	9.00	Piscina	AiguaGim	AiguaGim	AiguaGim	AiguaGim	AiguaGim		
8.30	9.15	Sala 2	CyclingVIRTUAL	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		
8.30	9.25	Sala 1	Pilates		ZUMBA fitness	Pilates	LES MILLS BODYPUMP		
8.30	9.25	Box	CTC						
9.15	10.00	Piscina	AiguaGim	AiguaGim	AiguaGim	AiguaGim	AiguaGim		
9.15	10.10	Box		loga					
9.30	10.15	Sala 1			Postural	Postural			
9.30	10.15	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	FITCycling	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
9.30	10.15	Box	Hipopressius						
9.30	10.25	Sala 1	LES MILLS BODYPUMP	COMBAT			CTC		
9.30	10.25	Box			BALANCE				
10.30	11.00	Sala 1			Core				
10.30	11.15	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
10.30	11.25	Sala 1	Core			LES MILLS BODYPUMP		LES MILLS BODYPUMP	
11.00	13.00	Piscina							AiguaFamily
11.30	12.25	Box						CrossTraining	
12.00	12.45	Piscina						AiguaGim M	
13.30	14.15	Sala 2			CyclingVIRTUAL		CyclingVIRTUAL		
13.30	14.25	Sala 1	LES MILLS BODYPUMP						
13.30	14.25	Box		CTC		CrossTraining			
14.00	14.45	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL		CyclingVIRTUAL			
14.30	15.25	Sala 1			Pilates				
15.15	16.00	Sala 2	CyclingVIRTUAL	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		
15.15	16.10	Box	CrossTraining						
15.15	16.00	Piscina		AiguaGim		AiguaGim	AiguaZumba		
15.30	16.25	Sala 1			LES MILLS BODYPUMP				
16.15	17.10	Sala 1		Pilates		loga			
16.15	17.00	Piscina	AiguaGim						
17.00	17.55	Sala 1					ZUMBA fitness		
17.30	18.00	Box				GAC			
17.30	18.15	Sala 2	CyclingVIRTUAL	Cycling	CyclingVIRTUAL	FITCycling	CyclingVIRTUAL		
18.00	18.45	Sala 1			FitDance	FitDance			
18.00	18.55	Sala 1	LES MILLS BODYPUMP	Pilates			ATTACK		
18.00	18.55	Box	CrossTraining		loga		Pilates		
18.00	18.30	Box		HIIT		HIIT			
18.30	19.15	Sala 2	Cycling	Cycling	Cycling	Cycling			
18.30	19.25	Box		CrossTraining		CrossTraining			
18.45	19.30	Sala 2					Cycling		
19.00	19.55	Sala 1		LES MILLS BODYPUMP	Pilates	COMBAT	LES MILLS BODYPUMP		
19.00	19.55	Box	loga						
19.00	19.45	Piscina		AiguaGim	AiguaRelax	AiguaGim			
19.15	20.00	Sala 1	FitDance						
19.30	19.45	Sala 2					Abdominals		
19.30	19.45	Fitness		Abdominals		Abdominals			
19.30	20.15	Sala 2	Cycling	CyclingVIRTUAL	Cycling	CyclingVIRTUAL			
19.30	20.15	Piscina	AiguaGim						
19.30	20.25	Box		CrossTraining	CrossTraining	CrossTraining	CrossTraining		
19.45	20.30	Piscina			AiguaGim		AiguaGim		
20.00	20.55	Sala 1		ZUMBA fitness	COMBAT				
20.15	20.30	Sala 2			Abdominals				
20.15	20.30	Fitness	Abdominals	Abdominals					
20.30	21.15	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		
20.15	21.00	Piscina	AiguaGim						
20.30	21.00	Box		HIIT		HIIT			
20.30	21.25	Sala 1	LES MILLS BODYPUMP			LES MILLS BODYPUMP			
20.30	21.25	Box	CrossTraining		Pilates				

N nova activitat

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.