

HORARI D'ACTIVITATS DIRIGIDES

A partir del 11 d'Abril del 2023



INICI	FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:10h	7:55h	Sala 2	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
8:00h	8:45h	Piscina	Aigua Gim		Aigua Gim		Aigua Gim
9:15h	10:00h	Sala 2	Dance				
9:00h	9:15h	Fitness		ABDOMINALS		ABDOMINALS	
9:00h	9:45h	Piscina					Aigua Gim
9:20h	9:50h	Sala 1			LES MILLS CXWORX		
9:20h	10:25h	Sala 1	LES MILLS BODYPUMP				LES MILLS BODYPUMP
9:15h	10:00h	Sala 2					Cycling Virtual
9:15h	10:00h	Piscina	Aigua Gim				
9:15h	10:00h	Sala 2		Cycling		Cycling	
9:30h	10:15h	Sala 2			Dance		
9:30h	10:15h	Piscina		Aigua Gim			
9:30h	10:25h	Sala 1				GimSuau	
9:45h	10:30h	Piscina			Aigua Cardio		
10:00h	10:30h	Sala 1			LES MILLS BODYPUMP		
10:00h	10:30h	Fitness			HIIT		HIIT
10:15h	10:45h	Sala 2		Hipopressius		Hipopressius	
10:40h	11:25h	Sala 2	Cycling				Cycling
10:30h	11:25h	Sala 1		LES MILLS BODYBALANCE			
10:30h	11:15h	Sala 1	Pilates			Pilates	Estiraments
10:45h	11:15h	Sala 1			Estiraments		
10:45h	11:15h	Piscina			Aigua Relax		
13:30h	14:15h	Sala 2	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
14:30h	15:15h	Piscina					Aigua Gim
14:45h	15:30h	Piscina	Aigua Gim		Aigua Gim		
14:45h	15:15h	Sala 2		Hipopressius			
15:00h	15:45h	Sala 1				Dance	
15:15h	16:00h	Sala 2	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
15:15h	16:10h	Sala 1		LES MILLS BODYPUMP			LES MILLS BODYPUMP
17:00h	17:45h	Sala 2	Cycling Virtual		Cycling	Cycling	
17:45h	18:15h	Sala 1	CORE				
18:00h	18:15h	Fitness		ABDOMINALS		ABDOMINALS	
18:00h	18:30h	Sala 1			CTC		
18:00h	18:55h	Sala 1					LES MILLS BODYPUMP
18:15h	19:00h	Sala 2					Cycling
18:00h	18:45h	Sala 2		Pilates	Pilates	Pilates	
18:30h	19:15h	Sala 1	CTC				
18:30h	19:25h	Sala 1		COMBAT	LES MILLS BODYPUMP	COMBAT	
18:35h	19:20h	Sala 2	Pilates				
19:00h	19:45h	Sala 2		Cycling	Cycling	Cycling	
19:00h	19:55h	Sala 1					Attack
19:30h	19:45h	Fitness	ABDOMINALS	ABDOMINALS			
19:30h	20:15h	Sala 2	Cycling				Cycling Virtual
19:20h	20:05h	Sala 1	GAC				
19:30h	20:00h	Sala 1			LES MILLS CXWORX	GAC	
20:05h	20:35h	Sala 1				LES MILLS BODYBALANCE	
19:35h	20:30h	Sala 1		LES MILLS BODYPUMP			
20:15h	21:00h	Piscina	Aigua Gim	Aigua Gim	Aigua Gim		
20:15h	21:00h	Sala 2		Cycling Virtual	Cycling Virtual	Cycling Virtual	
20:25h	21:10h	Sala 2	Cycling Virtual				

Activitats a partir de 14 anys

Cap de setmana

INICI	FINAL	ESPAI	DISSABTE	DIUMENGE
10:15h	11:00h	Sala 2	Cycling Virtual	Cycling Virtual
11:15h	12:00h	Sala 2	Cycling Virtual	Cycling Virtual



La Direcció podrà, quan ho consideri necessari, 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 material de substitució o qualsevol altre raó aliena al centre. Algunes activitats es podran realitzar a l'exterior.