

# HORARI D'ACTIVITATS DIRIGIDES



A PARTIR  
DE MAIG '18

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:10h	SPINNING ® 45' SPIN	BODYPUMP ™ 55' S1	SPINNING ® 45' SPIN	BODYPUMP ™ 55' S1	SPINNING ® 45' SPIN
7:30h		ABDOMINALS 30' SF		TRX ® HIIT 30' SF	
8:00h	TRX ® HIIT 30' SF		ESTIRAMENTS 30' SF		TRX ® HIIT 30' SF
8:15h		ABDOMINALS 15' SF		ABDOMINALS 15' SF	
8:30h	BODYBALANCE ™ 55' S1	CROSS TRAINING 55' S3	BODYPUMP ™ 55' S1	CROSS TRAINING 55' S3	BODYBALANCE ™ 55' S1
9:30h	ZUMBA ® 55' PAV	BODYBALANCE ™ 55' S1	SH'BAM ™ 45' PAV	COND. TOTAL 55' S1	ZUMBA ® 55' PAV
	GIM GRAN 55' S1		GIM GRAN 55' S1		BODYPUMP ™ 55' S1
	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC
10:30h	GIM GRAN 55' S1		GIM GRAN 55' S1		GIM GRAN 55' S1
	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC	AIGUAGIM 45' PISC
	I.WALKING 45' SPIN	SPINNING ® 45' SPIN	TRX ® HIIT 30' SF	SPINNING ® 45' SPIN	HBX BOXING 30' BOX
11:00h			I.WALKING 30' SPIN		
13:30h	SPINNING ® 45' SPIN	TRX ® HIIT 30' SF	SPINNING ® 45' SPIN	TRX ® HIIT 30' SF	SPINNING ® 45' SPIN
14:00h		SPINNING ® 45' SPIN		SPINNING ® 45' SPIN	
14:15h	TRX ® HIIT 30' SF		TRX ® HIIT 30' SF		TRX ® HIIT 30' SF
14:45h	BODYPUMP ™ 45' S1	BODYBALANCE ™ 45' S1	BODYPUMP ™ 45' S1	SH'BAM ™ 45' S1	BODYBALANCE ™ 45' S1
15:30h	CROSS TRAINING 45' S3	SH'BAM ™ 45' S1	CROSS TRAINING 45' S3	BODYPUMP ™ 45' S1	SPINNING ® 45' SPIN
17:00h	COND. TOTAL 55' S1	BODYBALANCE ™ 55' S1	GAC 55' S1	BODYBALANCE ™ 55' S1	CROSS TRAINING 55' S3
	HBX BOXING 30' BOX	HBX BOXING 30' BOX	CROSS TRAINING 45' S3	HBX BOXING 30' BOX	
18:00h	ZUMBA ® 55' S1	BODYPUMP ™ 55' S1	SH'BAM ™ 45' S1	BODYPUMP ™ 55' S1	SH'BAM ™ 45' S1
	GAC 55' S2	ZUMBA ® 55' S2	HBX BOXING 30' BOX	ZUMBA ® 55' S2	HBX BOXING 30' BOX
	SPINNING ® 45' SPIN	SPINNING ® 45' SPIN	SPINNING ® 45' SPIN	SPINNING ® 45' SPIN	SPINNING ® 45' SPIN
19:00h	BODYPUMP ™ 55' S1	SH'BAM ™ 45' S1	BODYPUMP ™ 55' S1	ZUMBA ® 55' S1	BODYPUMP ™ 55' S1
	BODYBALANCE ™ 55' S2	GAC 55' S2	BODYBALANCE ™ 55' S2	COND. TOTAL 55' S2	
	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC
	HBX BOXING 30' BOX		HBX BOXING 30' BOX		HBX BOXING 30' BOX
20:00h	ZUMBA ® 55' S1	BODYBALANCE ™ 55' S1	ZUMBA ® 55' S1	BODYBALANCE ™ 55' S1	ZUMBA ® 55' S1
	SPINNING ® 45' SPIN	SPINNING ® 45' SPIN	SPINNING ® 45' SPIN	SPINNING ® 45' SPIN	
	AIGUA CROSS 45' PISC		AIGUA CROSS 45' PISC		AIGUA CROSS 45' PISC
	RUNNING CLUB 55' HALL	CROSS TRAINING 55' S3	RUNNING CLUB 55' HALL	CROSS TRAINING 55' S3	
21:00h	BODYPUMP ™ 45' S1		BODYPUMP ™ 45' S1		
	DISSABTE	DIUMENGE**	ACTIVITATS:		
9:00h	BODYBALANCE ™ 55' S1		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><span style="color: red;">■</span> MILLORA CARDIOVASCULAR</p> <p><span style="color: purple;">■</span> TONIFICACIÓ MUSCULAR</p> <p><span style="color: blue;">■</span> AQUÀTIQUES</p> </div> <div style="width: 45%;"> <p><span style="color: orange;">■</span> A L'AIRE LLIURE</p> <p><span style="color: yellow;">■</span> COMBINADES CARDIOVASCULARS I MUSCULARS</p> <p><span style="color: green;">■</span> COS-MENT</p> </div> </div>		
10:00h	BODYPUMP ™ 55' S1	HBX BOXING 30' BOX			
11:00h	AIGUAFIT 45' PISC	HBX BOXING 30' BOX			
12:00h	SPINNING ® 45' SPIN	SPINNING ® 45' SPIN			