



# HORARI D'ACTIVITATS DIRIGIDES A PARTIR DEL 23 DE NOVEMBRE\*

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIUMENGE	
	D	E	D	E	D	E	D	E	D	E	D	E	D	E
7:10h	BODYPUMP	45' S1	SPINNING	45' SPIN	BODYPUMP	45' S1	SPINNING	45' SPIN	CROSS TRAINING	45' BOX				
7:30h	ABDOMINALS	30' ZES			ABDOMINALS	30' ZES								
8:00h			HBX FUSION	30' BOX			HBX BOXING	30' BOX						
8:15h	ABDOMINALS	15' ZES			ABDOMINALS	15' ZES			TRX HIIT	30' BOX				
8:30h	BODYBALANCE	45' S1			BODYPUMP	45' S1			BODYBALANCE	45' S1				
8:45h			CROSS TRAINING	30' EXT			CROSS TRAINING	30' EXT						
9:00h											BODYBALANCE	45' S1		
9:15h	ZUMBA	45' PAV	BODYBALANCE	45' S1	SH'BAM	45' PAV	CON. TOTAL	45' S1	ZUMBA	45' PAV				
9:30h	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC				
9:45h	BODYPUMP	45' S1			HBX BOXING	45' BOX			BODYPUMP	45' S1				
10:00h			SPINNING	45' SPIN			SPINNING	45' SPIN			BODYPUMP	45' S1	CROSS TRAINING	45' EXT
10:30h	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC				
10:45h	ZUMBA	45' PAV			SH'BAM	45' PAV			ESTIRAMENTS	45' S1				
11:00h	HBX BOXING	45' BOX			CROSS TRAINING	45' EXT			HBX FUSION	30' BOX	AIGUAFIT	45' PISC	CROSS TRAINING	45' EXT
12:00h											SPINNING	45' SPIN	SPINNING	45' SPIN
13:30h	SPINNING	45' SPIN	HBX FUSION	30' BOX	SPINNING	45' SPIN	HBX BOXING	30' BOX	HBX FUSION	30' BOX				
14:15h	TRX HIIT	30' BOX			TRX HIIT	30' BOX			TRX HIIT	30' BOX				
14:45h	BODYPUMP	45' S1	BODYBALANCE	45' BOX	BODYPUMP	45' S1	SH'BAM	45' BOX	BODYBALANCE	45' S1				
15:30h	HBX FUSION	45' BOX	SH'BAM	45' S1	HBX FUSION	45' BOX	BODYPUMP	45' S1	SPINNING	45' SPIN				
17:00h	COND. TOTAL	45' S1	BODYBALANCE	45' S1	GAC	45' S1	BODYBALANCE	45' S1						
17:30h	CROSS TRAINING	45' EXT	HBX BOXING	45' BOX	CROSS TRAINING	45' EXT	HBX BOXING	45' BOX	CROSS TRAINING	45' EXT				
18:00h	SH'BAM	45' S1	BODYPUMP	45' S1	SH'BAM	45' S1	BODYPUMP	45' S1	SH'BAM	45' S1				
18:30h	GAC	45' BOX	ZUMBA	45' BOX	HBX FUSION	45' BOX	ZUMBA	45' BOX	HBX FUSION	45' BOX				
18:30h	SPINNING	45' SPIN	SPINNING	45' SPIN	SPINNING	45' SPIN	SPINNING	45' SPIN	SPINNING	45' SPIN				
19:00h	BODYPUMP	45' S1	GAC	45' S1	BODYPUMP	45' S1	COND. TOTAL	45' S1	BODYPUMP	45' S1				
19:30h	BODYBALANCE	45' BOX	HBX BOXING	45' BOX	BODYBALANCE	45' BOX	HBX FUSION	45' BOX						
19:30h	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC				
20:00h	ZUMBA	45' S1	BODYBALANCE	45' S1	ZUMBA	45' S1	BODYBALANCE	45' S1	ZUMBA	45' S1				
20:00h	SPINNING	45' SPIN	SPINNING	45' SPIN	SPINNING	45' SPIN	SPINNING	45' SPIN	HBX BOXING	45' BOX				
20:15h	CROSS TRAINING	30' EXT	CROSS TRAINING	30' EXT	CROSS TRAINING	30' EXT	CROSS TRAINING	30' EXT						

BOX: PELL BOX 🌐 EXT: BOX EXTERIOR 🌐 PAV: PAVELLÒ 🌐 PISC: PISCINA INTERIOR 🌐 S1: SALA AADD 🌐 SPIN: SALA SPINNING 🌐 ZES: ZONA ESTIRAMENTS

\*El centre es reserva el dret de variar les activitats oferides així com de no impartir-ne alguna en el supòsit d'impossibilitat material de substitució

