







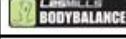
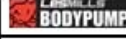



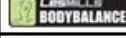
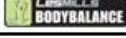
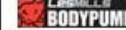


HORARI D'ACTIVITATS DIRIGIDES DEL 23 DE DESEMBRE AL 10 DE GENER

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIYENDRES	DISSABTE*	DIUMENGE
07'15h	 BODYPUMP 45' S1	CYCLING 45' EXT	 BODYBALANCE 45' S1	CYCLING 45' EXT	 BODYPUMP 45' S1		
08'15h	ABDOMINALS 30' S1	TRX 30' EXT	ESTIRAMENTS 30' S1	TRX 30' EXT	ABDOMINALS 30' S1		
09'30h	AIGUAGIM 45' PISC	ZUMBA 45' S1	AIGUAGIM 45' PISC	SH'BAM 45' S1	AIGUAGIM 45' PISC		
10'30h	CYCLING 45' EXT	 BODYPUMP 45' S1	CYCLING 45' EXT	 BODYBALANCE 45' S1	ZUMBA 45' S1		CROSS TRAINING 30' EXT
11'15h						CYCLING 45' EXT	CYCLING 45' SC
12'00h						ZUMBA 45' S1	
14'00h	CYCLING 45' EXT	 BODYPUMP 45' S1	CYCLING 45' EXT	 BODYPUMP 45' EXT			
15,00h	 BODYPUMP 45' S1	COND. TOTAL 45' S1	AQUAFITMAT 45' PISC	STEP 45' S1			
16,00h	 BODYBALANCE 45' S1		CROSS TRAINING 45' S1		 BODYPUMP 45' S1		
17'00h	COND. TOTAL 45' S1	 BODYBALANCE 45' S1	 BODYPUMP 45' S1	 BODYBALANCE 45' S1	ZUMBA 45' S1		
18'00h	 BODYBALANCE 45' S1	ZUMBA 45' S1	 BODYBALANCE 45' S1	SH'BAM 45' S1	CYCLING 45' EXT		
19'00h	CROSS TRAINING 45' EXT	AIGUAFIT 45' PISC	CROSS TRAINING 45' EXT	AIGUAFIT 45' PISC	COND. TOTAL 45' S1		
20'00h	CYCLING 45' EXT	CYCLING 45' EXT	CYCLING 45' EXT	CYCLING 45' EXT	 BODYPUMP 45' S1		

HORARIS OBERTURA NADAL 2020

24, 31/12 | 05/01 **7H A 15H**

25, 26/12 | 1/6/01 **TANCAT**

**L'EQUIP DEL PELL I CAN MERCADER
US DESITGEN UNES BONES FESTES**

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