



PELL

HORARI D'ACTIVITATS DIRIGIDES A PARTIR 17 MAIG*

BALLA RELAXA'T DESAFIA'T MULLA'T SUPERA'T PEDALEJA

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIUMENGE	
		D/E		D/E		D/E		D/E		D/E		D/E		D/E
07:10h	BODYPUMP	45' EXT	SPINNING	45' EXT	BODYPUMP	45' EXT	SPINNING	45' EXT	CROSS TRAINING	45' EXT				
07:30h	ABDOMINALS	30' EXT			ABDOMINALS	30' EXT								
08:00h			HBX FUSION	30' EXT			HBX BOXING	30' EXT	ESTIRAMENTS	30' EXT				
08:15h	ABDOMINALS	15' EXT			ABDOMINALS	15' EXT								
08:30h	BODYBALANCE	45' EXT			BODYPUMP	45' EXT			BODYBALANCE	45' EXT				
08:45h			CROSS TRAINING	30' EXT			CROSS TRAINING	30' EXT						
09:00h											BODYBALANCE	45' EXT		
09:30h	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC				
09:45h	ZUMBA	45' EXT	BODYBALANCE	45' EXT	SH'BAM	45' EXT	COND. TOTAL	45' EXT	ZUMBA	45' EXT				
	CROSS TRAINING	30' EXT												
10:00h											BODYPUMP	45' EXT	CROSS TRAINING	45' EXT
10:30h	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC				
10:45h	BODYPUMP	45' EXT	SPINNING	45' EXT	HBX BOXING	45' EXT	SPINNING	45' EXT	BODYPUMP	45' EXT				
	GAC	45' TE												
11:00h											AIGUAFIT	45' PISC	CROSS TRAINING	45' EXT
11:30h	HBX BOXING	45' EXT	COND. TOTAL	45' EXT	CROSS TRAINING	45' EXT	GAC	45' EXT	HBX FUSION	30' EXT				
									ESTIRAMENTS	45' TE				
12:00h											SPINNING	45' EXT	SPINNING	45' EXT
13:30h	SPINNING	45' EXT	HBX FUSION	30' EXT	SPINNING	45' EXT	HBX BOXING	30' EXT	HBX FUSION	30' EXT				
14:00h			SPINNING	45' EXT			SPINNING	45' EXT			SPINNING VIRTUAL	45' SPIN		
14:15h	TRX HIIT	30' EXT			TRX HIIT	30' EXT			TRX HIIT	30' EXT				
14:45h	BODYPUMP	45' EXT	BODYBALANCE	45' EXT	BODYPUMP	45' EXT	SH'BAM	45' EXT	BODYBALANCE	45' EXT				
15:00h											SPINNING VIRTUAL	45' SPIN		
15:30h	HBX FUSION	45' EXT	SH'BAM	45' EXT	HBX FUSION	45' EXT	BODYPUMP	45' EXT	SPINNING	45' EXT				
16:00h											SPINNING VIRTUAL	45' SPIN		
16:15h	BODYBALANCE	45' EXT	TRX HIIT	30' EXT	SPINNING	45' EXT	CROSS TRAINING	45' EXT	ZUMBA	45' EXT				
17:00h	COND. TOTAL	45' EXT	BODYBALANCE	45' TE	GAC	45' EXT	BODYBALANCE	45' TE	GAC	45' TE	SPINNING VIRTUAL	45' SPIN		
17:15h	CROSS TRAINING	45' EXT	SH'BAM	45' EXT	CROSS TRAINING	45' EXT	ZUMBA	45' EXT	HBX BOXING	45' EXT				
18:00h	BODYBALANCE	45' TE	GAC	45' TE	SH'BAM	45' TE	COND. TOTAL	45' TE	SH'BAM	45' TE	SPINNING VIRTUAL	45' SPIN		
18:15h	SPINNING	45' EXT	BODYPUMP	45' EXT	SPINNING	45' EXT	BODYPUMP	45' EXT	SPINNING	45' EXT				
19:00h	SH'BAM	45' TE	SPINNING VIRTUAL	45' SPIN	BODYBALANCE	45' TE	SPINNING VIRTUAL	45' SPIN	BODYBALANCE	45' TE				
19:15h	BODYPUMP	45' EXT	HBX BOXING	45' EXT	COND. TOTAL	45' EXT	HBX BOXING	45' EXT	HBX FUSION	45' EXT				
	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC				
20:00h	CROSS TRAINING	45' EXT	ZUMBA	45' EXT	CROSS TRAINING	45' EXT	SH'BAM	45' EXT	CROSS TRAINING	45' EXT				
			SPINNING VIRTUAL	45' SPIN			SPINNING VIRTUAL	45' SPIN						
20:15h	SPINNING	45' EXT	CROSS TRAINING	45' EXT	SPINNING	45' EXT	CROSS TRAINING	45' EXT	SPINNING	45' EXT				
21:00h	HBX FUSION	45' EXT	GAC FUNCIONAL	45' EXT	HBX FUSION	45' EXT	BODYBALANCE	45' EXT	HBX BOXING	45' EXT				

BOX: PELL BOX EXT: BOX EXTERIOR PAV: PAVELLÒ PISC: PISCINA INTERIOR S1: SALA AADD SPIN: SALA SPINNING TE: TERRASSA

*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