



# CAN MERCADER

## COMPLEX AQUÀTIC I ESPORTIU

### HORARI D'ACTIVITATS DIRIGIDES A PARTIR 1 D'OCTUBRE\*

\* 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
07:15h	BODYPUMP	50' S1	CYCLING	45' SC	BODYBALANCE	50' S1	CYCLING	45' SC	BODYPUMP	50' S1				
08:15h	ABDOMINALS	30' S1	TRX	30' EXT	ABDOMINALS	30' S1	TRX	30' EXT	ABDOMINALS	30' S1				
09:30h	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	BODYBALANCE	50' S1		
	BODYPUMP	50' S1	ZUMBA	50' S1	STEP	50' S1	SH'BAM	45' S1	BODYPUMP	50' S1				
10:30h	AIGUAGIM	45' PISC	AIGUAFIT	45' PISC	AIGUAGIM	45' PISC	AIGUAFIT	45' PISC	AIGUAGIM	45' PISC	AIGUAFIT	45' PISC	CYCLING	45' SC
	CYCLING	45' SC	BODYBALANCE	50' S1	CYCLING	45' SC	BODYBALANCE	50' S1	ZUMBA	50' S1				
11:15h													CROSS TRAINING	30' SC
11:30h	ESTIRAMENTS	50' S1	CYCLING	45' SC	GIM GRAN	50' S1	CYCLING	45' SC	CYCLING	45' SC	CYCLING	45' SC		
									ESTIRAMENTS	50' S1			CYCLING	45' SC
12:15h										ZUMBA	50' S1			
13:15h	TRX	30' EXT			TRX	30' EXT			TRX	30' EXT				
14:00h	CYCLING	45' SC	BODYPUMP	45' S1	CYCLING	45' SC	BODYPUMP	45' S1	AQUAFITMAT	45' PISC				
15:15h	BODYPUMP	45' S1	STEP	45' S1	CROSS TRAINING	45' EXT	COND. TOTAL	45' S1	CYCLING	45' SC				
16:00h	AIGUA TRAINING	45' PISC	CROSS TRAINING	45' EXT	BODYBALANCE	50' S1	CROSS TRAINING	45' EXT	BODYPUMP	50' S1				
17:00h	COND. TOTAL	50' S1	GAC	50' S1	BODYPUMP	50' S1	BODYBALANCE	50' S1	COND. TOTAL	50' S1				
18:00h	BODYBALANCE	50' S1	ZUMBA	50' S1	STEP	50' S1	SH'BAM	45' S1	ZUMBA	50' S1				
	CYCLING	45' SC	CYCLING	45' SC	CYCLING	45' SC	CYCLING	45' SC	CYCLING	45' SC				
19:00h	SH'BAM	45' S1	BODYPUMP	50' S1	ZUMBA	50' S1	GAC	50' S1	STEP	50' S1				
	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC				
20:00h	BODYPUMP	50' S1	SH'BAM	45' S1	BODYBALANCE	50' S1	ZUMBA	50' S1	BODYPUMP	50' S1				
	CYCLING	45' SC	CYCLING	45' SC	CYCLING	45' SC	CYCLING	45' SC	CÓRRER	45' EXT				
21:00h	SH'BAM	45' S1	BODYBALANCE	45' S1	GAC	45' S1	BODYPUMP	45' S1	AQUAFITMAT	45' PISC				

EXT: BOX EXTERIOR PISC: PISCINA INTERIOR S1: SALA AADD SC: SALA CYCLING

\*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