



# PELL

## 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
07:10h	BODYPUMP	50' EXT	SPINNING	45' EXT	BODYPUMP	50' 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				
08:10h	ABDOMINALS	15' EXT			ABDOMINALS	15' EXT								
08:30h	BODYBALANCE	50' EXT			BODYPUMP	50' EXT			BODYBALANCE	50' EXT				
08:45h			CROSS TRAINING	30' EXT			CROSS TRAINING	30' EXT						
09:00h											BODYBALANCE	50' EXT		
09:30h	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC				
	ZUMBA	50' EXT	BODYBALANCE	50' EXT	SH'BAM	45' EXT	COND. TOTAL	50' EXT	ZUMBA	50' EXT				
	CROSS TRAINING	45' EXT												
10:00h										BODYPUMP	50' EXT	CROSS TRAINING	45' EXT	
10:30h	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC	AIGUAGIM	45' PISC				
	BODYPUMP	50' EXT	SPINNING	45' EXT	HBX BOXING	45' EXT	SPINNING	45' EXT	BODYPUMP	50' EXT				
	GAC	50' TE									AIGUAFIT	45' PISC	CROSS TRAINING	45' EXT
11:30h	HBX BOXING	45' EXT	CROSS TRAINING	45' EXT	COND. TOTAL	50' TE	HBX FUSION	45' EXT	GAC	50' TE				
									ESTIRAMENTS	50' 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	CROSS TRAINING	45' EXT				
14:00h			SPINNING	45' EXT			SPINNING	45' EXT						
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				
15:30h	HBX FUSION	45' EXT	SH'BAM	45' EXT	HBX FUSION	45' EXT	BODYPUMP	45' EXT	SPINNING	45' EXT				
16:15h	BODYBALANCE	45' EXT	TRX HIIT	30' EXT	SPINNING	45' EXT	CROSS TRAINING	45' EXT	ZUMBA	45' EXT				
17:00h	COND. TOTAL	50' EXT	SH'BAM	45' EXT	GAC	50' EXT	ZUMBA	50' EXT	GAC	50' TE				
17:15h	CROSS TRAINING	45' EXT	BODYBALANCE	45' TE	CROSS TRAINING	45' EXT	BODYBALANCE	45' TE	HBX BOXING	45' EXT				
18:00h	BODYBALANCE	50' TE	BODYPUMP	50' EXT	SH'BAM	45' TE	BODYPUMP	50' EXT	SH'BAM	45' TE				
18:15h	SPINNING	45' EXT	GAC	45' TE	SPINNING	45' EXT	COND. TOTAL	45' TE	SPINNING	45' EXT				
19:00h	BODYPUMP	50' EXT	HBX BOXING	45' EXT	COND. TOTAL	50' EXT	HBX BOXING	45' EXT	HBX FUSION	45' EXT				
19:15h	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC	AIGUAFIT	45' PISC				
	SH'BAM	45' TER			BODYBALANCE	45' TER			BODYBALANCE	45' TER				
20:00h	CROSS TRAINING	45' EXT	ZUMBA	50' EXT	CROSS TRAINING	45' EXT	SH'BAM	45' EXT	CROSS TRAINING	45' EXT				
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	BODYBALANCE	45' EXT	HBX FUSION	45' EXT	HBX BOXING	45' EXT				

BOX: PELL BOX EXT: BOX EXTERIOR PAV: PAVELLÓ 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