

HORARI D'ACTIVITATS DIRIGIDES DEL 30 DE JUNY AL 29 D'AGOST

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE*		DIUMENGE	
07:10h	CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC				
07:15h	LES MILLS BODYPUMP	50' S1	CYCLING	45' SC	LES MILLS BODYBALANCE	50' S1	CYCLING	45' SC	LES MILLS BODYPUMP	50' S1				
08:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC				
08:10h											CYCLING VIRTUAL	45' SC		
08:15h	ABDOMINALS	30' S1	TRX	30' EXT	ABDOMINALS	30' S1	TRX	30' EXT	ABDOMINALS	30' S1				
09:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
09:10h													CYCLING VIRTUAL	45' SC
09:30h	AIGUAGIM	45' PISC EXT	 ZUMBA	50' S1	AIGUAGIM	45' PISC EXT	LES MILLS DANCE	45' S1	AIGUAGIM	45' PISC EXT	AIGUAGIM	45' PISC EXT		
10:00h			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING	45' SC
10:30h	CYCLING	45' SC	LES MILLS BODYPUMP	50' S1	CYCLING	45' SC	LES MILLS BODYBALANCE	50' S1	LES MILLS BODYPUMP	50' S1	LES MILLS BODYBALANCE	50' S1		
11:00h													CROSS TRAINING	45' S1
									CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC
11:30h	LES MILLS BODYBALANCE	50' S1	CYCLING	45' SC	LES MILLS BODYBALANCE	50' S1	CYCLING	45' SC	ESTIRAMENTS	50' S1	CYCLING	45' SC		
12:00h	CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC
12:15h											 ZUMBA	50' S1		
13:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC
14:00h	CYCLING	45' SC	LES MILLS BODYPUMP	45' S1	CYCLING	45' SC	LES MILLS BODYPUMP	45' S1						
			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
15:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
15:15h	LES MILLS BODYPUMP	45' S1	GAC	45' S1	CROSS TRAINING	45' S1	CONDICIONAMENT TOTAL	45' S1						
16:00h	AIGUA TRAINING	45' PISC	CROSS TRAINING	45' S1	LES MILLS BODYBALANCE	50' S1	CROSS TRAINING	45' S1	LES MILLS BODYPUMP	50' S1				
	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
17:00h	CONDICIONAMENT TOTAL	50' S1	GAC	50' S1	LES MILLS BODYPUMP	50' S1	LES MILLS BODYBALANCE	50' S1	CONDICIONAMENT TOTAL	50' S1				
	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
18:00h	LES MILLS BODYBALANCE	50' S1	CYCLING	45' SC	GAC	50' S1	CYCLING	45' SC	STEP	50' S1				
	CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
19:00h	LES MILLS DANCE	45' S1	AIGUAFIT	45' PISC	LES MILLS BODYBALANCE	50' S1	AIGUAFIT	45' PISC	LES MILLS BODYPUMP	50' S1				
	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC		
20:00h	CYCLING	45' SC	LES MILLS DANCE	45' S1	CYCLING	45' SC	 ZUMBA	50' S1	CYCLING	45' SC				
			CYCLING VIRTUAL	45' SC			CYCLING VIRTUAL	45' SC						
21:00h	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC				

*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