



HORARI D'ACTIVITATS DIRIGIDES
DEL 29 DE JULIOL AL 29 D'AGOST

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

ACTIVITAT VIRTUAL

*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