



HORARI D'ACTIVITATS DIRIGIDES
DEL 30 DE JUNY AL 28 DE JULIOL

	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		fusion 45' BOX		ABDOMINALS 30' S1		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	ZUMBA 50' S1		LES MILLS BODYBALANCE 50' S1		ZUMBA 50' S1		CONDICIONAMENT TOTAL 50' S1		ZUMBA 50' S1					
	AIGUAGIM 45' PISC EXT		AIGUAGIM 45' PISC EXT		AIGUAGIM 45' PISC EXT		AIGUAGIM 45' PISC EXT		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	LES MILLS BODYBALANCE 50' S1		CYCLING 45' SC		LES MILLS BODYBALANCE 50' S1		CYCLING 45' SC		LES MILLS BODYBALANCE 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	boxing 45' BOX		LES MILLS BODYPUMP 50' S1		CONDICIONAMENT TOTAL 50' S1		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	fusion 30' BOX				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		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 15' S1			
19:00h	LES MILLS BODYPUMP 50' S1		AIGUAFIT 45' PISC		boxing 45' BOX		AIGUAFIT 45' PISC		AIGUAFIT 45' PISC					
	boxing 45' BOX		LES MILLS DANCE 45' S1		LES MILLS BODYBALANCE 50' 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			
20:00h	ZUMBA 50' S1		ZUMBA 50' S1		CYCLING 45' SC		CROSS TRAINING 45' BOX		fusion 45' BOX					
	CYCLING 45' SC		CYCLING VIRTUAL 45' SC		CROSS TRAINING 45' BOX		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC					
20:15h					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