



HORARI D'ACTIVITATS DIRIGIDES DEL 19 DE DESEMBRE AL 5 DE GENER

DILLUNS				DIMARTS				DIMECRES				DIJOUS				DIVENDRES				DISSABTE				DIUMENGE			
07'10h	BODYPUMP	50'	S1	CYCLING	45'	SC	BODYPUMP	50'	S1	CYCLING	45'	SC	CROSS TRAINING	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												
07'30h				BODYBALANCE VIRTUAL	50'	S1				BODYBALANCE VIRTUAL	50'	S1	BODYPUMP VIRTUAL	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	BODYPUMP VIRTUAL	45'	S1						
08'30h	ABDOMINALS	30'	S1	HBX FUSION	45'	BOX	ABDOMINALS	30'	S1	HBX BOXING	45'	BOX	ESTIRAMENTS	30'	S1												
				BODYPUMP VIRTUAL	45'	S1				BODYPUMP VIRTUAL	45'	S1															
09'00h	CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC	BODYBALANCE VIRTUAL	50'	S1									
																CYCLING VIRTUAL	45'	SC									
09'10h																						BODYPUMP VIRTUAL	50'	S1			
																						CYCLING VIRTUAL	45'	SC			
09'30h	ZUMBA	50'	S1	BODYBALANCE	50'	S1	ZUMBA	45'	S1	COND. TOTAL	50'	S1	ZUMBA	50'	S1												
10,00h	CYCLING VIRTUAL	45'	SC				CYCLING VIRTUAL	45'	SC				CYCLING VIRTUAL	45'	SC	BODYPUMP VIRTUAL	50'	S1				CYCLING VIRTUAL	45'	SC			
																CYCLING VIRTUAL	45'	SC				BODYBALANCE VIRTUAL	50'	S1			
10'30h	AIGUAGIM	45'	PISC	CYCLING	45'	SC	AIGUAGIM	45'	PISC	CYCLING	45'	SC	AIGUAGIM	45'	PISC												
11,00h																AIGUAFIT	45'	PISC				CROSS TRAINING	45'	BOX			
	CYCLING VIRTUAL	45'	SC				CYCLING VIRTUAL	45'	SC				CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC				CYCLING VIRTUAL	45'	SC			
																BODYBALANCE VIRTUAL	50'	S1				BODYPUMP VIRTUAL	50'	S1			
11:30h	HBX BOXING	45'	BOX	BODYPUMP	50'	S1	COND. TOTAL	50'	S1	HBX FUSION	45'	BOX	ESTIRAMENTS	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				CYCLING	45'	SC			
																BODYPUMP VIRTUAL	50'	S1				BODYBALANCE VIRTUAL	50'	S1			
12'30h	BODYBALANCE VIRTUAL	50'	S1	BODYPUMP VIRTUAL	50'	S1	BODYBALANCE VIRTUAL	50'	S1	BODYPUMP VIRTUAL	50'	S1	BODYBALANCE VIRTUAL	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			
																						BODYPUMP VIRTUAL	50'	S1			
13'30h																BODYBALANCE VIRTUAL	50'	S1									
14'00h				CYCLING	45'	SC				CYCLING	45'	SC															
	CYCLING VIRTUAL	45'	SC				CYCLING VIRTUAL	45'	SC				CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC									
14'15h	HBX FUSION	30'	BOX				HBX BOXING	30'	BOX				CROSS TRAINING	30'	BOX												
14'30h																BODYPUMP VIRTUAL	45'	S1									
14,45h	BODYPUMP	45'	S1	BODYBALANCE	45'	S1	BODYPUMP	45'	S1	ZUMBA	45'	S1	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									
																BODYBALANCE VIRTUAL	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																BODYPUMP VIRTUAL	45'	S1									
17'00h	COND. TOTAL	50'	S1	HBX FUSION	45'	BOX	GAC	50'	S1	BODYBALANCE	50'	S1	HBX 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																BODYBALANCE VIRTUAL	50'	S1									
18'00h	ZUMBA	50'	S1	BODYPUMP	50'	S1	ZUMBA	50'	S1	BODYPUMP	50'	S1	CYCLING	45'	SC	CYCLING VIRTUAL	45'	SC									
	CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC	BODYPUMP VIRTUAL	45'	S1												
18:30h																BODYPUMP VIRTUAL	45'	S1									
19'00h	BODYPUMP	50'	S1	AIGUAFIT	45'	PISC	BODYPUMP	50'	S1	AIGUAFIT	45'	PISC	AIGUAFIT	45'	PISC												
				BODYBALANCE VIRTUAL	45'	S1	HBX BOXING	45'	BOX	BODYBALANCE VIRTUAL	45'	S1	BODYBALANCE VIRTUAL	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	CYCLING	45'	SC	ZUMBA	50'	S1	CROSS TRAINING	45'	BOX	CROSS TRAINING	45'	BOX	HBX BOXING	45'	BOX												
	BODYBALANCE VIRTUAL	45'	S1				BODYBALANCE VIRTUAL	45'	S1	BODYPUMP VIRTUAL	45'	S1	BODYPUMP VIRTUAL	45'	S1												
				CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC	CYCLING VIRTUAL	45'	SC												
21'00h	BODYPUMP VIRTUAL	45'	S1	BODYBALANCE VIRTUAL	45'	S1	BODYPUMP VIRTUAL	45'	S1	BODYBALANCE VIRTUAL	45'	S1	BODYBALANCE VIRTUAL	45'	S1												
	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