

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

DILLUNS				DIMARTS				DIMECRES				DIJOUS				DIVENDRES				DISSABTE*				DIUMENGE			
07'10h	CYCLING VIRTUAL	45'	SC					CYCLING VIRTUAL	45'	SC					CYCLING VIRTUAL	45'	SC										
07'15h	BODYPUMP	50'	S1	CYCLING	45'	SC		BODYBALANCE	50'	S1	CYCLING	45'	SC		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	CIRCUIT TRAINING	30'	S1		ABDOMINALS	30'	S1	CIRCUIT TRAINING	30'	S1		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	ZUMBA	45'	S1		AIGUAGIM	45'	PISC	DANCE	45'	S1		AIGUAGIM	45'	PISC		BODYBALANCE	50'	S1						
10'00h																		CYCLING VIRTUAL	45'	SC		CYCLING	45'	SC			
10'30h	CYCLING	45'	SC	BODYPUMP	50'	S1		CYCLING	45'	SC	BODYBALANCE	50'	S1		BODYPUMP	50'	S1		AIGUAGIM	45'	PISC						
11:00h																						CIRCUIT TRAINING	45'	S1			
																		CYCLING VIRTUAL	45'	SC		CYCLING VIRTUAL	45'	SC			
11'30h	BODYBALANCE	50'	S1	CYCLING	45'	SC		BODYBALANCE	50'	S1	CYCLING	45'	SC		ESTIRAMENTS	50'	S1										
12'00h																		CYCLING VIRTUAL	45'	SC		CYCLING VIRTUAL	45'	SC			
12'15h																		ZUMBA	50'	S1							
13'00h																		CYCLING VIRTUAL	45'	SC		CYCLING VIRTUAL	45'	SC			
14'00h	CYCLING	45'	SC	BODYPUMP	45'	S1		CYCLING	45'	SC	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	BODYPUMP	45'	S1	BODYBALANCE	45'	S1		CIRCUIT TRAINING	45'	S1	COND. TOTAL	45'	S1														
16,00h	AIGUA TRAINING	45'	PISC	CIRCUIT TRAINING	45'	S1		BODYBALANCE	50'	S1	CIRCUIT TRAINING	45'	S1		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	COND. TOTAL	50'	S1	GAC	50'	S1		BODYPUMP	50'	S1	BODYBALANCE	50'	S1		COND. 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	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	DANCE	45'	S1	AIGUAFIT	45'	PISC		BODYBALANCE	50'	S1	AIGUAFIT	45'	PISC		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	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 ofertes així com de no impartir-ne alguna en el supòsit d'impossibilitat material de substitució