

## HORARI D'ACTIVITATS DIRIGIDES DEL 30 DE MARÇ AL 12 D'ABRIL

	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					
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				
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 VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING 45' SC
10'30h	CYCLING 45' SC	BODYPUMP 50' S1	CYCLING 45' SC	BODYBALANCE 50' S1	BODYPUMP 50' S1		
11:00h							CIRCUIT TRAINING 45' S1
					CYCLING VIRTUAL 45' SC	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		CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC
12'15h						ZUMBA 50' S1	
13'00h	CYCLING VIRTUAL 45'	CYCLING VIRTUAL 45'	CYCLING VIRTUAL 45'	CYCLING VIRTUAL 45'	CYCLING VIRTUAL 45' SC	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				
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				
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				
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				
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					

\*\*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