



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

	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				
07'30h			BODYBALANCE VIRTUAL	50' S1			BODYBALANCE VIRTUAL	50' S1	BODYPUMP VIRTUAL	50' S1				
08'00h	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												
											BODYBALANCE VIRTUAL	50' S1		
09'10h													CYCLING VIRTUAL	45' SC
													BODYPUMP VIRTUAL	50' S1
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	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC
											BODYPUMP VIRTUAL	50' S1	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	45' SC	CYCLING	45' SC
	CYCLING VIRTUAL	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										
													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										
15'30h											BODYBALANCE VIRTUAL	50' S1		
16'00h	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										
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	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				
	CYCLING VIRTUAL	45' SC	CYCLING VIRTUAL	45' SC										
			BODYBALANCE VIRTUAL	45' S1			BODYBALANCE VIRTUAL	45' S1	BODYBALANCE VIRTUAL	45' S1				
20'00h	CYCLING	45' SC	ZUMBA	50' S1	CROSS TRAINING	45' BOX	CROSS TRAINING	45' BOX	HBX BOXING	45' BOX				
			CYCLING VIRTUAL	45' SC										
	BODYBALANCE VIRTUAL	45' S1			BODYBALANCE VIRTUAL	45' S1	BODYPUMP VIRTUAL	45' S1	BODYPUMP VIRTUAL	45' S1				
21'00h	CYCLING VIRTUAL	45' SC												
	BODYPUMP VIRTUAL	45' S1	BODYBALANCE VIRTUAL	45' S1	BODYPUMP VIRTUAL	45' S1	BODYBALANCE VIRTUAL	45' S1	BODYBALANCE VIRTUAL	45' S1				

**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