

HORARI D'ACTIVITATS DIRIGIDES DEL 31 DE JULIOL AL 31 D'AGOST

DILLUNS				DIMARTS				DIMECRES				DIJOUS				DIVENDRES				DISSABTE*				DIUMENGE					
07:10h	CYCLING VIRTUAL		45´ SC					CYCLING VIRTUAL		45´ SC					CYCLING VIRTUAL		45´ SC												
07:15h	LES MILLS BODYPUMP		50´ S1	CYCLING		45´ SC	LES MILLS BODYBALANCE		50´ S1	CYCLING		45´ SC	LES MILLS 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	GAC		30´ S1	CIRCUIT TRAINING		30´ S1	GAC		30´ S1	CIRCUIT TRAINING		30´ S1	ESTIRAMENTS		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 EXT	 ZUMBA		50´ S1	AIGUAGIM		45´ PISC EXT	LES MILLS DANCE		45´ S1	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				45´ SC						
10:30h	CYCLING		45´ SC	LES MILLS BODYPUMP		50´ S1	CYCLING		45´ SC	LES MILLS BODYBALANCE		50´ S1	LES MILLS BODYPUMP		50´ S1	LES MILLS BODYBALANCE		50´ S1											
11:00h																									CIRCUIT TRAINING				45´ S1
																	CYCLING VIRTUAL		45´ SC					CYCLING VIRTUAL				45´ SC	
11:30h	LES MILLS BODYBALANCE		50´ S1	CYCLING		45´ SC	LES MILLS BODYBALANCE		50´ S1	CYCLING		45´ SC	ESTIRAMENTS		50´ S1	CYCLING		45´ SC											
12:00h	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´ 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						
14:00h	CYCLING		45´ SC	LES MILLS BODYPUMP		45´ S1	CYCLING		45´ SC	LES MILLS 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	LES MILLS BODYPUMP		45´ S1	BODYBALANCE		45´ S1	CROSS TRAINING		45´ S1	CONDICIONAMENT TOTAL		45´ S1																	
16:00h	AIGUA TRAINING		45´ PISC	CROSS TRAINING		45´ S1	LES MILLS BODYBALANCE		50´ S1	CROSS TRAINING		45´ S1	LES MILLS 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	CONDICIONAMENT TOTAL			50´ S1	GAC		50´ S1	LES MILLS BODYPUMP		50´ S1	LES MILLS BODYBALANCE		50´ S1	CONDICIONAMENT 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	LES MILLS BODYBALANCE		50´ S1	CYCLING		45´ SC	GAC		50´ S1	CYCLING		45´ SC	 ZUMBA		50´ S1														
	CYCLING VIRTUAL		45´ SC					CYCLING VIRTUAL		45´ SC					CYCLING VIRTUAL		45´ SC	CYCLING VIRTUAL				45´ SC							
19:00h	 ZUMBA		50´ S1	AIGUAFIT		45´ PISC	LES MILLS BODYBALANCE		50´ S1	AIGUAFIT		45´ PISC	LES MILLS 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	AIGUAFIT		45´ PISC	 ZUMBA		50´ 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 ofertades així com de no impartir-ne alguna en el supòsit d'impossibilitat material de substitució