

HORARI D'ACTIVITATS DIRIGIDES

DE L'1 AL 30 DE JULIOL

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
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	STEP	50´	S1									
	CYCLING VIRTUAL	45´	SC				CYCLING VIRTUAL	45´	SC				CYCLING VIRTUAL	45´	SC				CYCLING VIRTUAL	45´	SC			
19:00h	LES MILLS DANCE	45´	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	LES MILLS 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 ofertades així com de no impartir-ne alguna en el supòsit d'impossibilitat material de substitució