



HORARI D'ACTIVITATS DIRIGIDES
DE L'1 AL 31 D'AGOST

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:10h	LES MILLS BODYPUMP 50' S1	CYCLING 45' SC	LES MILLS BODYPUMP 50' S1	CYCLING 45' SC	CROSS TRAINING 45' BOX		
	CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		
07:30h		LES MILLS BODYBALANCE 50' S1		LES MILLS BODYBALANCE 50' S1	LES MILLS BODYPUMP 45' 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	
						LES MILLS BODYPUMP 45' S1	
08:30h	ABDOMINALS 30' S1	fusion 45' BOX	ABDOMINALS 30' S1	boxing 45' BOX	ESTIRAMENTS 30' S1		
		LES MILLS BODYPUMP 45' S1		LES MILLS BODYPUMP 45' 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							LES MILLS BODYPUMP 45' S1
							CYCLING VIRTUAL 45' SC
09:30h	ZUMBA 50' S1	LES MILLS BODYBALANCE 50' S1	ZUMBA 50' S1	CONDICIONAMENT TOTAL 50' S1	ZUMBA 50' S1	AIGUAGIM 45' PISC EXT	
10:00h	CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC
10:30h	AIGUAGIM 45' PISC	CYCLING 45' SC	AIGUAGIM 45' PISC	CYCLING 45' SC	AIGUAGIM 45' PISC	LES MILLS BODYBALANCE 50' S1	
11:00h							CROSS TRAINING 45' BOX
	CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC
11:30h	LES MILLS BODYPUMP 50' S1	CROSS TRAINING 45' BOX	boxing 45' BOX	fusion 45' BOX	ESTIRAMENTS 50' S1	LES MILLS BODYPUMP 50' S1	
12:00h	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC		CYCLING 45' SC
12:30h		LES MILLS BODYPUMP 45' S1	LES MILLS BODYBALANCE 50' S1	LES MILLS BODYPUMP 45' S1		CYCLING 45' SC	
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
13:30h						LES MILLS BODYBALANCE 50' S1	
14:00h	CYCLING VIRTUAL 45' SC	CYCLING 45' SC	CYCLING VIRTUAL 45' SC	CYCLING 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
14:15h	fusion 30' BOX		boxing 30' BOX		CROSS TRAINING 30' BOX		
14:30h						LES MILLS BODYPUMP 45' S1	
14:45h	LES MILLS BODYPUMP 45' S1	LES MILLS BODYBALANCE 45' S1	LES MILLS BODYPUMP 45' S1	ZUMBA 50' S1	LES MILLS BODYBALANCE 45' S1		
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	
15:30h						LES MILLS BODYBALANCE 50' S1	
16:00h	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
16:30h						LES MILLS BODYPUMP 45' S1	
17:00h	CONDICIONAMENT TOTAL 50' S1	LES MILLS BODYBALANCE 50' S1	CROSS TRAINING 45' BOX	LES MILLS BODYBALANCE 50' S1	boxing 45' BOX		
	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
17:30h						LES MILLS BODYBALANCE 50' S1	
18:00h	ZUMBA 50' S1	LES MILLS BODYPUMP 50' S1	ZUMBA 50' S1	LES MILLS BODYPUMP 50' S1	fusion 45' BOX		
	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
18:30h						LES MILLS BODYPUMP 45' S1	
19:00h	LES MILLS BODYPUMP 50' S1	AIGUAFIT 45' PISC	LES MILLS BODYBALANCE 50' S1	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC		
		LES MILLS BODYBALANCE 45' S1		LES MILLS BODYBALANCE 45' S1	LES MILLS BODYPUMP 45' 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	ZUMBA 50' S1	CROSS TRAINING 45' BOX	ZUMBA 50' S1	boxing 45' BOX		
		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC		
	LES MILLS BODYBALANCE 50' S1	LES MILLS BODYPUMP 45' S1	LES MILLS BODYBALANCE 45' S1	LES MILLS BODYPUMP 45' S1	LES MILLS BODYPUMP 45' S1		
21:00h	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC		
	LES MILLS BODYPUMP 30' S1	LES MILLS BODYBALANCE 30' S1	LES MILLS BODYPUMP 30' S1	LES MILLS BODYBALANCE 30' S1	LES MILLS BODYBALANCE 30' S1		

ACTIVITAT VIRTUAL

*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