

Programa d'activitats dirigides

Vàlid a partir del 12 de setembre de 2016

MATINS

Inici	Final	Sala	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.15	07.45	B					GRIT PLYO		
07.15	08.00	SP	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL		
07.15	08.10	B	BODYBALANCE		BODYPUMP				
07.45	08.15	B					CXWORX NOU		
08.00	08.55	A	VINYASA YOGA		VINYASA YOGA				
08.15	08.45	PS		AQUAEXTREM		AQUAEXTREM			
08.15	08.45	B	GRIT STRENGTH						
08.15	09.00	PS					AIGUATONO		
08.15	09.10	B			BODYBALANCE		BODYPUMP		
08.30	09.00	B		ESTIRAMENTS 30'		PILATES 30'			
08.45	09.15	B	GAC EXPRES						
09.00	09.30	A				GRIT CARDIO			
09.00	09.55	A	PILATES	BODYCOMBAT	PILATES				
09.00	10.15	P					TXI KONG		
09.15	09.45	B				CXWORX NOU			
09.15	10.00	PS	AIGUATONO	AIGUAMIX	AIGUATONO	AIGUAMIX	AIGUAMIX		
09.15	10.10	B	TOTALFIT	TBC D'OR	BODYPUMP		ESTIRAMENTS		
09.15	10.15	PS		AIGUATRANING					
09.30	10.00	A				GAC EXPRES			
09.30	10.15	SP	SPINNING	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING		SPINNING VIRTUAL
09.45	10.15	B				BODYBALANCE 30'			
10.00	10.30	A	CXWORX NOU	GAC EXPRES					
10.00	10.45	SP						SPINNING	
10.00	10.45	PS						AIGUAMIX	
10.00	10.55	A			TBC D'OR	HATHA YOGA	BODYBALANCE		
10.15	10.35	C	ESTIRAMENTS 20'	ESTIRAMENTS 20'	ESTIRAMENTS 20'	ESTIRAMENTS 20'			
10.15	11.00	PS	AIGUAMIX	AIGUAGIM	AIGUATONO	AIGUAMIX	AIGUATONO		
10.15	11.10	B	BODYPUMP	HATHA YOGA	AERODANCE	SH'BAM	BODYCOMBAT		
10.30	11.00	A	GRIT CARDIO	BODYBALANCE 30'					
10.30	11.15	SP	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL		SPINNING VIRTUAL
11.00	11.55	A		PILATES		PILATES			
11.00	11.55	B						BODYPUMP	
11.15	11.35	C	ESTIRAMENTS 20'	ESTIRAMENTS 20'	ESTIRAMENTS 20'		ESTIRAMENTS 20'		
11.15	12.00	PS	AIGUAGIM		AIGUAMIX		AIGUATONO		
11.15	12.10	B	PILATES	TBC D'OR	PILATES	ESTIRAMENTS	TOTALFIT		
11.15	12.30	A	TAI TXI I		TAI TXI I				
12.00	12.45	SP						SPINNING VIRTUAL	SPINNING VIRTUAL
12.00	12.55	B						BODYBALANCE	
12.30	14.00	A	TAI TXI II		TAI TXI II				
12.45	13.15	PS						AQUAEXTREM	
13.15	14.00	SP	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL		
13.30	14.00	B	BODYPUMP 30'		GRIT PLYO	ESTIRAMENTS 30'	BODYBALANCE 30'		
14.15	14.45	B				GRIT STRENGTH			
14.15	15.00	SP	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING VIRTUAL		
14.15	15.10	B	BODYBALANCE	TOTALFIT	SH'BAM				
14.30	15.00	PS	AQUAEXTREM						
14.30	15.15	PS		AIGUAMIX		AIGUATONO			
14.45	15.15	B				CXWORX NOU			

TARDES

Inici	Final	Sala	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
16.00	16.00	B	GRIT CARDIO						
16.20	16.25	B			TOTALFIT		BODYPUMP		
16.30	16.30	B	CXWORX NOU						
16.30	17.00	PS				AQUAEXTREM			
16.30	17.15	PS		AIGUATONO					
17.00	17.55	B	HATHA YOGA		HATHA YOGA				
17.00	17.55	A		PILATES	TXI KUNG	PILATES			
17.45	18.10	B		BODYPUMP		TOTALFIT			
17.30	18.00	A	BODYCOMBAT 30'						
17.30	18.15	SP						SPINNING VIRTUAL	
18.00	18.30	A			CXWORX NOU	GRIT CARDIO			
18.00	18.30	SP			TURBO NOU				
18.00	18.55	A	BODYBALANCE	TAI TXI			ESTIRAMENTS		
18.15	18.45	B		GRIT PLYO					
18.15	19.10	B	BODYPUMP		AERODANCE	SH'BAM	BODYPUMP		
18.30	19.00	A			ESTIRAMENTS 30'				
18.30	19.15	SP	SPINNING	SPINNING		SPINNING	SPINNING	SPINNING VIRTUAL	
18.30	19.25	A				TAI TXI			
18.45	19.15	B		BODYSTEP 30' NOU					
18.45	19.15	SP			TURBO NOU				
19.00	19.30	A		CXWORX NOU	BODYBALANCE 30'				
19.00	19.55	A	BODYCOMBAT						
19.15	19.45	B				BODYCOMBAT 30'			
19.15	19.45	PS		AQUAEXTREM		AQUAEXTREM			
19.15	20.00	PS	AQUADYNAMIC NOU		AQUADYNAMIC NOU		AIGUAMIX		
19.15	20.10	B	TOTALFIT	SH'BAM	BODYPUMP		BODYBALANCE		
19.30	20.00	A		GRIT CARDIO	CXWORX NOU	GAC EXPRES			
19.30	20.15	SP	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING		
19.45	20.15	B				GRIT STRENGTH			
20.15	21.10	A	PILATES	HATHA YOGA	PILATES	HATHA YOGA			
20.15	21.10	B	BODYPUMP	BODYCOMBAT	BODYSTEP NOU	BODYPUMP	TOTALFIT		
20.30	21.15	SP	SPINNING	SPINNING VIRTUAL	SPINNING		SPINNING VIRTUAL		
21.30	22.00	B	GRIT STRENGTH		BODYPUMP 30'				
21.30	22.15	SP	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL	SPINNING	SPINNING VIRTUAL		



LES MILLS
BODYPUMP

LES MILLS
SH'BAM

LES MILLS
BODYBALANCE

LES MILLS
BODYCOMBAT

LES MILLS
CXWORX

LES MILLS
BODYSTEP

LES MILLS
GRIT

AQUADYNAMIC

ENT. MUSCULAR

ENT. CARDIOVASCULAR

ENT. HIIT

SESSIONS COS-MENT

SESSIONS AQUÀTIQUES

SESSIONS MIXTES

BAIXA INTENSITAT

El centre es reserva el dret de modificar el programa d'activitats dirigides