

Programa d'activitats dirigides

Vàlid a partir del 3 de setembre de 2018

MATINS

Inici	Final	Sala	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.15	07.45	B					GRIT PLYO		
07.15	08.00	GC	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE		
07.15	08.10	B	BODYBALANCE		BODYPUMP				
07.45	08.15	B					CXWORX		
08.00	08.30	A					BALLETFIT NOU		
08.00	08.55	A	IOGA	PILATES	IOGA	PILATES			
08.15	08.45	B	BODYSTEP 30'		CXWORX				
08.15	09.00	GC						VIRTUAL CYCLE	
08.15	09.00	PS		AIGUATONO		AQUADYNAMIC	AIGUAMIX		
08.15	09.10	B					BODYPUMP		
08.30	09.00	A					BODYBALANCE 30'		
08.30	09.00	PS	AQUAEXTREM		AQUAEXTREM				
08.45	09.15	B	GAC EXPRES NOU		GRIT CARDIO				
09.00	09.30	A				CXWORX			
09.00	09.55	A	PILATES	BODYCOMBAT	PILATES		TOTALFIT NOU		
09.00	10.15	P					TXI KUNG		
09.15	10.00	PS	AQUADYNAMIC	AIGUAMIX	AIGUATONO	AIGUAMIX	AIGUATONO		
09.15	10.10	B	PILATES	SENIORS	BODYPUMP	BODYATTACK NOU	ESTIRAMENTS		
09.15	10.15	PS		AIGUATRANING					
09.30	10.00	A				BODYBALANCE 30'			
09.30	10.15	PS						AIGUAMIXaa	
09.30	10.15	GC	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE	CYCLE SENIOR	GROUP CYCLE		VIRTUAL CYCLE
10.00	10.30	A		GAC EXPRES					
10.00	10.45	GC						GROUP CYCLE	
10.00	10.55	A	TOTALFIT		SENIORS	IOGA			
10.15	11.10	A					BODYBALANCE		
10.15	10.35	C	ESTIRAMENTS 20'	ESTIRAMENTS 20'	ESTIRAMENTS 20'	ESTIRAMENTS 20'			
10.15	11.00	PS	AIGUAMIX	AIGUAMIX	AIGUATONO	AIGUAMIX	AIGUATONO		
10.15	11.10	B	BODYPUMP	IOGA	BODYJAM	SH'BAM	BODYCOMBAT		
10.30	11.00	A		BODYBALANCE 30'					
10.30	11.15	GC	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE		VIRTUAL CYCLE
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	RITMES LLATINS	PILATES	ESTIRAMENTS	TOTALFIT		
11.15	12.30	A	TAI TXI I		TAI TXI I				
12.00	12.45	GC						VIRTUAL CYCLE	VIRTUAL CYCLE
12.00	12.55	B						BODYBALANCE	
12.30	14.00	A	TAI TXI II		TAI TXI II				
13.15	14.00	GC	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
13.15	14.15	B	BODYPUMP						
13.30	14.00	B			GRIT CARDIO	ESTIRAMENTS 30'	BODYBALANCE 30'		
14.00	14.55	K					BOXINGTRAINING		
14.15	14.45	B				GRIT STRENGTH			
14.15	15.00	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
14.15	15.10	B	BODYBALANCE	TOTALFIT	SH'BAM				
14.15	15.10	PS		AIGUAMIX		AIGUATONO			
14.30	15.00	PS	AQUAEXTREM						
14.45	15.15	B				CXWORX			

TARDES

Inici	Final	Sala	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
15.30	16.00	B	BODYATTACK 30' (NOU)						
15.30	16.25	B			TOTALFIT		BODYPUMP		
16.00	16.30	B	CXWORX						
16.30	17.00	PS				AQUAEXTREM			
16.30	17.15	PS		AIGUATONO					
17.00	17.55	A		PILATES	TXI KUNG	PILATES			
17.00	17.55	B	IOGA		IOGA				
17.15	18.10	B		BODYPUMP		TOTALFIT			
17.30	18.00	A	BODYCOMBAT 30'						
17.30	18.15	GC						VIRTUAL CYCLE	VIRTUAL CYCLE
18.00	18.30	A			CXWORX	BALLETFIT (NOU)			
18.00	18.55	A	BODYBALANCE	TAI TXI			ESTIRAMENTS		
18.15	19.10	B	BODYPUMP	BODYSTEP	RITMES LLATINS	SH'BAM	BODYPUMP		
18.30	19.00	A			ESTIRAMENTS 30'				
18.30	19.15	GC	GROUP CYCLE	GROUP CYCLE		GROUP CYCLE	GROUP CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE
18.30	19.15	P					FIT FAMILY (NOU)		
18.30	19.25	A				TAI TXI			
18.45	19.15	GC			TURBO				
19.00	19.30	A		GRIT CARDIO	BODYBALANCE 30'				
19.00	19.55	A	BODYCOMBAT				BODYJAM		
19.15	19.45	B				GAC EXPRES			
19.15	19.45	PS		AQUAEXTREM		AQUAEXTREM			
19.15	20.00	PS	AQUADYNAMIC		AQUADYNAMIC		AIGUAGYM		
19.15	20.10	B	TOTALFIT	SH'BAM	BODYPUMP		BODYBALANCE		
19.30	20.00	A		BODYBALANCE 30'	CXWORX	BODYCOMBAT 30'			
19.30	20.15	GC	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE		
19.35	20.30	K		BOXING TRAINING					
19.45	20.15	B				CXWORX (NOU)			
20.00	20.55	K	BOXING TRAINING						
20.15	21.10	A	PILATES	IOGA	PILATES	IOGA	RITMES LLATINS		
20.15	21.10	B	BODYPUMP	BODYCOMBAT	BODYATTACK (NOU)	BODYPUMP	TOTALFIT		
20.30	21.15	GC	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE		VIRTUAL CYCLE		
21.15	22.00	B			BODYPUMP				
21.30	22.00	B	GRIT STRENGTH						
21.30	22.15	GC	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE		

LES MILLS
BODYPUMP

LES MILLS
SH'BAM

LES MILLS
BODYATTACK

LES MILLS
BODYSTEP

LES MILLS
GRIT

GROUP CYCLÉ

LES MILLS
BODYBALANCE

LES MILLS
BODYCOMBAT

LES MILLS
CXWORX

LES MILLS
BODYJAM

AQUADYNAMIC

ENT. MUSCULAR

ENT. CARDIOVASCULAR

ENT. HIIT

SESSIONS COS-MENT

SESSIONS AQUÀTIQUES

SESSIONS MIXTES

BAIXA INTENSITAT

SESSIONS EN FAMILIA

El centre es reserva el dret de modificar el programa d'activitats dirigides
No es podrà entrar a classe una vegada hagin passat 10 minuts del seu inici.
Hi haurà d'haver un mínim de 3 persones per a realitzar la classe.