

# Programa d'activitats dirigides

Vàlid a partir del 2 de gener de 2019

## 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 <sup>(NOU)</sup>		
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 <sup>(NOU)</sup>		GRIT CARDIO				
09.00	09.30	A				CXWORX			
09.00	09.55	A	PILATES	BODYCOMBAT	PILATES		TOTALFIT <sup>(NOU)</sup>		
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 <sup>(NOU)</sup>	ESTIRAMENTS		
09.15	10.15	PS		AIGUATRaining					
09.30	10.00	A				BODYBALANCE 30'			
09.30	10.15	PS						AIGUAMIX	
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'	GAC EXPRES <sup>(NOU)</sup>		
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	RITMES LLATINS <sup>(NOU)</sup>				
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		AIGUAMIX		
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			
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	GROUP CYCLE	GROUP CYCLE		VIRTUAL CYCLE		
21.15	21.45	B	CXWORX (NOU)						
21.15	22.00	B			BODYPUMP				
21.30	22.15	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL 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.