

Programa d'activitats dirigides

Vàlid a partir del 22 de juny de 2020

MATINS

Inici	Final	Sala	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.15	08.00	GC	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE		
07.15	08.00	B	BODYBALANCE		BODYPUMP				
07.30	08.00	B					CXWORX		
08.00	08.30	A					BODYBALANCE 30'		
08.00	08.45	A	IOGA	PILATES	IOGA	PILATES			
08.15	08.45	B							
08.15	09.00	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	
08.15	09.00	PS	AIGUAMIX	AIGUATONO	AIGUATONO	AQUADYNAMIC	AIGUAMIX		
08.15	09.00	B					BODYPUMP		
08.30	09.00	B	GAC EXPRES		GRIT CARDIO				
09.00	09.45	A	PILATES	BODYCOMBAT	PILATES	BODYBALANCE	TOTALFIT		
09.00	10.00	P					TXI KUNG		
09.15	10.00	PS	AQUADYNAMIC	AIGUAMIX	AIGUATONO	AIGUAMIX	AIGUAMIX		
09.15	10.00	B	BODYSTEP	SENIORS	BODYPUMP	BODYATTACK	ESTIRAMENTS		
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	10.45	GC						GROUP CYCLE	
10.00	10.45	A	TOTALFIT	BODYBALANCE	SENIORS	IOGA			
10.15	11.00	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	11.00	B	BODYPUMP	IOGA	BODYJAM	SH'BAM	BODYCOMBAT		
10.30	11.15	GC	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE		VIRTUAL CYCLE
11.00	11.45	A		PILATES		PILATES			
11.00	11.45	B					BODYPUMP		
11.15	11.35	C	ESTIRAMENTS 20'	ESTIRAMENTS 20'	ESTIRAMENTS 20'		ESTIRAMENTS 20'		
11.15	12.00	B	PILATES	RITMES LLATINS	PILATES	ESTIRAMENTS	TOTALFIT		
11.15	12.15	A	TAI TXI I		TAI TXI I				
11.30	12.15	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
12.00	12.45	GC						VIRTUAL CYCLE	VIRTUAL CYCLE
12.00	12.45	B					BODYBALANCE		
12.30	14.00	A	TAI TXI II		TAI TXI II				
13.15	14.00	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
13.15	14.00	B	BODYPUMP						
13.30	14.00	B				ESTIRAMENTS 30'			
14.00	14.45	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	15.00	B	BODYBALANCE	TOTALFIT	SH'BAM				
14.30	15.15	PS		AIGUAMIX		AIGUATONO			
14.30	15.00	PS	AQUAEXTREM						
15.00	15.30	B				CXWORX			

TARDES

Inici	Final	Sala	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
15.30	16.15	B	TOTALFIT		TOTALFIT		BODYPUMP		
17.00	17.45	A		PILATES	TXI KUNG	PILATES			
17.15	18.00	B	IOGA		IOGA				
17.15	18.00	B		BODYPUMP		TOTALFIT			
17.30	18.15	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE
18.00	18.30	A			CXWORX				
18.00	18.45	A	BODYBALANCE	TAI TXI			ESTIRAMENTS		
18.15	19.00	B	BODYPUMP	BODYSTEP	RITMES LLATINS	SH'BAM	BODYPUMP		
18.30	19.15	GC	GROUP CYCLE	GROUP CYCLE		GROUP CYCLE	GROUP CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE
18.30	19.30	C			FUNCTIONAL RUNNING				
18.30	19.15	P					FIT FAMILY		
18.30	19.15	A				TAI TXI			
18.45	19.15	GC			TURBO				
19.00	19.45	A	BODYCOMBAT		BODYBALANCE		BODYJAM		
19.15	20.00	A		ESCOLA ESQUENA					
19.15	19.45	B				ESCOLA ESQUENA			
19.15	19.45	PS		AQUAEXTREM		AQUAEXTREM			
19.15	20.00	PS	AQUADYNAMIC		AQUADYNAMIC		AIGUAMIX		
19.15	20.00	B	TOTALFIT	SH'BAM	BODYPUMP		BODYBALANCE		
19.30	20.00	A				BODYCOMBAT 30'			
19.30	20.15	GC	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE		
19.30	20.15	K		BOXING TRAINING					
20.00	20.45	K	BOXING TRAINING						
20.15	21.00	A	PILATES	IOGA	PILATES	IOGA	RITMES LLATINS		
20.15	21.00	B	BODYPUMP	BODYCOMBAT	BODYATTACK	BODYPUMP	TOTALFIT		
20.30	21.15	GC	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE		VIRTUAL CYCLE		
20.30	21.15	K				BOXING TRAINING			
21.15	21.45	B	CXWORX						
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.