

# Programa d'activitats dirigides

Vàlid del 30 de juliol fins el 2 de setembre de 2018

Inici	Final	Sala	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.15	08.00	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
08.15	09.15	B		BODY PUMP		BODYBALANCE			
08.15	09.00	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	
09.15	09.45	B				GRIT CARDIO			
09.15	10.00	PS		AIGUATONO			AIGUAMIX		
09.15	10.10	B	PILATES	BODYCOMBAT	BODY PUMP		TOTALFIT		
09.30	10.15	GC	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE		
09.45	10.15	B				GAC EXPRÉS			
10.00	10.45	GC						VIRTUAL CYCLE	VIRTUAL CYCLE
10.15	10.45	PS					AQUAEXTREM		
10.15	10.45	B				CXWORX			
10.15	11.00	PS	AIGUATONO	AIGUAMIX	AQUADYNAMIC	AIGUAMIX			
10.30	11.15	GC	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
10.15	11.10	B	BODYPUMP	IOGA	SH'BAM		ESTIRAMENTS		
10.45	11.15	B				BODYBALANCE 30'			
11.15	12.00	PS	AIGUATONO		AIGUAMIX				
11.15	12.10	B	PILATES	TOTALFIT	IOGA				
12.00	12.45	GC						VIRTUAL CYCLE	VIRTUAL CYCLE
13.15	14.00	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
13.30	14.00	B	GRIT CARDIO		GRIT STRENGTH				
14.00	14.30	B	BODYBALANCE 30'		SH'BAM 30'				
14.00	14.30	PS		AQUAEXTREM		AQUAEXTREM			
14.15	15.00	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		
17.15	17.45	B					CXWORX		
17.15	18.10	B	IOGA	TOTALFIT	PILATES	BODYPUMP			
17.30	18.15	GC						VIRTUAL CYCLE	VIRTUAL CYCLE
17.45	18.15	B					ESTIRAMENTS 30'		
18.15	18.45	B			CXWORX				
18.15	18.45	PS				AQUAEXTREM			
18.15	19.00	PS	AQUADYNAMIC						
18.15	19.10	B	BODYPUMP	PILATES		SH'BAM	BODYPUMP		
18.30	19.15	GC	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE
18.45	19.15	B			BODYBALANCE 30'				
19.15	20.00	PS		AIGUATONO		AIGUAMIX			
19.15	20.10	A	IOGA		PILATES				
19.15	20.10	B	TOTALFIT	BODYJAM	BODYPUMP	BODYCOMBAT			
19.30	20.15	GC	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE	GROUP CYCLE		
20.00	20.30	A		GRIT CARDIO					
20.15	21.10	A	PILATES			IOGA			
20.15	20.45	PS			AQUAEXTREM				
20.15	21.10	B	BODYPUMP	BODYCOMBAT	BODYSTEP				
20.30	21.15	GC	GROUP CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	GROUP CYCLE	VIRTUAL CYCLE		
20.30	21.00	A		CXWORX					
21.30	22.15	GC	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE	VIRTUAL CYCLE		



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