

# ACTIVITATS DIRIGIDES CEM 25 DE SETEMBRE

## HORARI A PARTIR DEL 07 GENER



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
<b>MATI</b>									
7:15	8:05	S3	BODY BALANCE	CTC		BODY PUMP			
7:15	8:00	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
7:30	7:50	SF	ABDOMINALS		ABDOMINALS		RADIKAL		
8:15	9:00	P		AIGUA CTC		AIGUA CTC	AIGUA CTC		
8:15	9:00	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
8:30	9:20	S3	PILATES		ESQUENA SANA		BODY BALANCE		
9:00	9:30	S2				HIPOPRESSIUS			
9:15	10:05	S2			IOGA				
9:15	10:05	S5	IOGA						
9:15	10:00	P	AIGUA CTC	AIGUA CTC	AIGUA CTC	AIGUA CTC	AIGUA CTC		
9:30	10:20	S2		GYM D'OR		PILATES	ESQUENA SANA		
9:30	10:20	S3	BODY COMBAT	CTC	BODY BALANCE	ZUMBA	BODY PUMP	BODY PUMP	
9:30	10:15	S4	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
9:40	10:00	SF	ABDOMINALS	DUET WALKING	ESTIRAMENTS	DUET WALKING	ABDOMINALS	RADIKAL	ABDOMINALS
10:15	11:00	P	AIGUA CTC		AIGUA CTC		AIGUA CTC		
10:15	10:45	S2			MEDITACIO				
10:15	10:45	S5	MEDITACIO						
10:30	11:30	S2				GYM D'OR	BODY BALANCE		
10:30	11:00	S2	HIPOPRESSIUS						
10:30	11:00	S3			GAC'30				
10:30	11:20	S3	BODY PUMP	ZUMBA		BODY COMBAT	ZUMBA	ZUMBA FAMILY	
10:30	11:15	S4	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:40	11:00	SF	RADIKAL	ABDOMINALS	RADIKAL	ABDOMINALS	RADIKAL	DUET WALKING	RADIKAL
11:00	11:25	S3			HIIT'25				
11:00	11:50	S2			ASTHANGA IOGA				
11:00	11:50	S5	IOGA						
11:30	12:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:40	12:00	SF	ESTIRAMENTS	RADIKAL	ABDOMINALS	RADIKAL	ABDOMINALS	ABDOMINALS	ABDOMINALS
12:30	13:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
12:40	13:00	SF	ABDOMINALS	DST	ESTIRAMENTS	RADIKAL	ABDOMINALS	ESTIRAMENTS	ESTIRAMENTS
13:30	14:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
13:40	14:00	SF	RADIKAL	ABDOMINALS	DST	DUET WALKING	ESTIRAMENTS		
<b>MIGDIA</b>									
14:30	14:50	SF	RADIKAL	RADIKAL	RADIKAL	RADIKAL	RADIKAL		
14:30	15:20	S3	BODY BALANCE	BODY PUMP	BODY COMBAT		BODY PUMP		
14:30	15:20	S4	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING	CYCLING VIRTUAL		
15:30	16:15	P		AIGUA CTC		AIGUA CTC			
15:30	16:00	S3	GAC'30						
15:30	16:20	S3		ZUMBA	BODY PUMP	BODY COMBAT	BODY BALANCE		
15:30	16:15	S4	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
15:40	16:00	SF	ESTIRAMENTS	DUET WALKING	RADIKAL	ABDOMINALS	DST		
<b>TARDA</b>									
16:00	16:25	S3	HIIT'25						
16:30	17:20	S5		ESQUENA SANA					
16:30	17:20	S3				BODY PUMP			
16:30	17:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
16:40	17:00	SF	ABDOMINALS	RADIKAL	DUET WALKING	RADIKAL	ABDOMINALS		
17:30	18:20	S2	BODY COMBAT JR	PILATES JR	DUET CAMP JR	ZUMBA JR			
17:30	18:20	S3	ZUMBA	TONIFICACIO	BODY COMBAT	CTC	BODY PUMP		
17:30	18:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING JR		
17:30	18:20	S5		IOGA		IOGA			
17:40	18:00	SF	RADIKAL	ESTIRAMENTS	ABDOMINALS	DUET WALKING	RADIKAL		
18:00	18:50	S5	PILATES		BODY BALANCE				
18:30	19:00	S3	HIPOPRESSIUS						
18:30	19:20	S3		BODY PUMP	ZUMBA	TONIFICACIO	BODY COMBAT		
18:30	19:15	S4	CYCLING		CYCLING		CYCLING VIRTUAL		
18:30	19:15	P					AIGUA CTC		
18:30	19:00	S5		MEDITACIO		MEDITACIO			
18:40	19:00	SF	DUET WALKING	RADIKAL	ABDOMINALS	ESTIRAMENTS	DUET WALKING		
19:00	19:50	EX	DUET CAMP						
19:00	19:45	S4		CYCLING		CYCLING			
19:00	19:30	S5			HIPOPRESSIUS				
19:00	19:25	S3	HIIT'25						
19:15	20:00	P	AIGUA CTC	AIGUA CTC	AIGUA CTC	AIGUA CTC			
19:15	20:05	S5		IOGA		ASTHANGA IOGA			
19:30	20:20	S5	BODY BALANCE		PILATES				
19:30	19:55	S2			HIIT'25				
19:30	20:20	S2		BODY COMBAT		BODY COMBAT			
19:30	20:20	S3	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA	TRAINING BOX		
19:30	20:15	S4	CYCLING		CYCLING		CYCLING		
19:40	20:00	SF	ESTIRAMENTS	DUET WALKING	RADIKAL	DST	ABDOMINALS		
20:00	20:45	S4		CYCLING		CYCLING			
20:00	20:50	S2	BOXA		KICK BOXING				
20:15	21:05	EX				DUET CAMP			
20:30	21:20	S3	BODY COMBAT	BODY PUMP		BODY BALANCE			
20:30	21:00	S3			GAC'30				
20:40	21:00	SF	ABDOMINALS	RADIKAL	ABDOMINALS	DUET WALKING	ABDOMINALS		
21:00	21:25	S3			HIIT'25				
21:15	22:00	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21:20	21:40	SF	RADIKAL	DST	DUET WALKING	ABDOMINALS	ESTIRAMENTS		

ESPAYS	S2	SALA 2	S3	SALA 3	S4	SALA 4	S5	SALA 5
	SF	SALA FITNESS	P	PISCINA	E	EXTERIOR	X	

