

**ACTIVITATS DIRIGIDES CEM 25 DE SETEMBRE**  
**HORARI A PARTIR DEL 1 D'OCTUBRE**



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
<b>M A T Í</b>									
7:15	8:00	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
7:15	8:00	S3		BODY PUMP		CTC			
8:15	9:00	S4			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
8:30	9:15	S3	ESQUENA SANA		PILATES				
8:30	9:15	P		AIGUA MIX		AIGUA MIX			
9:30	10:15	S3	ZUMBA	BODY COMBAT	IOGA	BODY PUMP	BODY BALANCE	BODY PUMP	
9:30	10:15	P	AIGUA MIX		AIGUA MIX		AIGUA MIX		
9:30	10:15	S2		GYM D'OR		ESQUENA SANA			
9:30	10:15	S4			CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:30	11:15	P		AIGUA MIX		AIGUA MIX			
10:30	11:15	S3	BODY PUMP	BODY BALANCE	IOGA	BODY COMBAT	ZUMBA	ZUMBA	
10:30	11:15	S4		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:30	12:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
12:30	13:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL
13:30	14:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			
<b>MIGDIA</b>									
14:30	15:15	S3	BODY PUMP		BODY COMBAT				
14:30	15:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
15:30	16:15	P		AIGUA MIX		AIGUA MIX			
15:30	16:15	S3		ZUMBA	BODY PUMP	BODY COMBAT	BODY BALANCE		
15:30	16:15	S4	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
<b>TARDA</b>									
16:30	17:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17:30	18:15	S2		JUNIOR	JUNIOR	JUNIOR			
17:30	18:15	S3	ZUMBA	PILATES	BODY COMBAT	IOGA	BODY PUMP		
17:30	18:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
18:30	19:15	S4	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
18:30	19:15	S3	BODY BALANCE	BODY PUMP	ZUMBA	CTC	BODY COMBAT		
19:30	20:15	S2	CTC	IOGA	TONIFICACIÓ	BODY COMBAT			
19:30	20:15	P	AIGUA MIX		AIGUA MIX		AIGUA MIX		
19:30	20:15	S4	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
20:30	21:15	S3	BODY COMBAT	ZUMBA	BODY BALANCE	BODY PUMP			
20:45	21:30	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		



ESP AIS	S2	SALA 2	S3	SALA 3	S4	SALA 4	S5	SALA 5
	SF	SALA FITNESS	P	PISCINA	EX	EXTERIOR		