



Ajuntament
de Rubí



ACTIVITATS DIRIGIDES CEM 25 DE SETEMBRE
HORARI DEL 1 AL 15 SETEMBRE

Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
M A T I									
7:15	8:05	S3		CTC		BODY PUMP			
7:15	8:00	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
7:30	7:50	SF	RADIKAL		ABDOMINALS		RADIKAL		
8:30	9:15	P		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				
9:00	9:30	S2				HIPOPRESSIUS			
9:15	10:05	S2	IOGA		IOGA				
9:30	10:15	P	AIGUA CTC	AIGUA CTC	AIGUA CTC	AIGUA CTC	AIGUA CTC		
9:30	10:20	S2		GYM D'OR		PILATES			
9:30	10:20	S3	BODY COMBAT	CTC	BODY BALANCE	ZUMBA	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	ABDOMINALES
10:30	11:15	P		AIGUA CTC		AIGUA CTC			
10:15	10:45	S2	MEDITACIÓ		MEDITACIÓ				
10:30	11:00	EX	HIPOPRESSIUS						
10:30	11:20	S3	BODY PUMP	ZUMBA	TONIFICACIÓ	BODY COMBAT	ZUMBA		
10:30	11:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	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	11:50	S2	IOGA		ASTHANGA 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	DUET WALKING
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	CYCLING VIRTUAL		
13:40	14:00	SF	RADIKAL	ABDOMINALS	DST	DUET WALKING	ESTIRAMENTS		
M I G D I A									
14:30	14:50	SF	RADIKAL	RADIKAL	RADIKAL	RADIKAL	RADIKAL		
14:30	15:20	S3	BODY BALANCE	BODY PUMP	BODY COMBAT				
14:30	15:20	S4	CYCLING VIRTUAL	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 VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
15:40	16:00	SF	ESTIRAMENTS	DUET WALKING	RADIKAL	ABDOMINALS	DST		
T A R D A									
16:00	16:25	S3	CARDIO HIIT						
16:30	17:20	S3		ESQUENA SANA		BODY PUMP			
16:30	17:15	S4	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	TONIFICACIÓ	BODY COMBAT	CTC	BODY PUMP		
17:30	18:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
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	19:20	S3	BODY PUMP	CTC	ZUMBA	TONIFICACIÓ	BODY COMBAT		
18:30	19:15	S4	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
18:30	19:00	S5		MEDITACIÓ		MEDITACIÓ			
18:40	19:00	SF	DUET WALKING	RADIKAL	ABDOMINALS	ESTIRAMENTS	DUET WALKING		
19:00	19:50	EX	DUET CAMP						
19:00	19:30	S2			HIPOPRESSIUS				
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			CARDIO HIIT				
19:30	20:20	S3	CTC	BODY COMBAT	BODY PUMP	ZUMBA	TRAINING BOX		
19:30	20:15	S4	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
19:40	20:00	SF	ESTIRAMENTS	DUET WALKING	RADIKAL	DST	ABDOMINALS		
20:15	21:05	EX				DUET CAMP			
20:30	21:20	S3	BODY COMBAT	BODY PUMP	TONIFICACIÓ		BODY BALANCE		
20:30	21:20	S2	BOXA		KICK BOXING				
20:30	21:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
20:40	21:00	SF	ABDOMINALS	RADIKAL	ABDOMINALS	DUET WALKING	ABDOMINALS		
21:20	21:40	SF	RADIKAL	DST	DUET WALKING	ABDOMINALS	ESTIRAMENTS		

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

