

ACTIVITATS DIRIGIDES CEM 25 DE SETEMBRE
HORARI A PARTIR DEL 30 D'AGOST



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

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

