

ACTIVITATS DIRIGIDES CEM 25 DE SETEMBRE

HORARI A PARTIR DEL 16 SETEMBRE



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
M A T Í									
7:15	8:05	S3	BODY BALANCE	BODY PUMP		CTC			
7:15	8:00	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
7:30	7:50	SF	RADIKAL	ABDOMINALS	DUET WALKING	GAC	RADIKAL		
8:15	9:00	P		AIGUA MIX		AIGUA MIX			
8:15	9:00	S4	CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
8:30	9:20	S3	PILATES		ESQUENA SANA		BODY BALANCE		
8:40	9:00	SF	GAC	DUET WALKING	RADIKAL	ABDOMINALS	ESTIRAMENTS	RADIKAL	
9:00	9:25	S2	HIPOPRESSIUS		MEDITACIÓ				
9:15	10:00	P	AIGUA MIX	AIGUA MIX	AIGUA MIX	AIGUA MIX	AIGUA MIX		
9:30	10:20	S2	HATHA - KUNDALINI	ZUMBA	HATHA IOGA	GYM D'OR	PILATES		
9:30	10:20	S3	BODY PUMP	TONIFICACIÓ	BODY BALANCE	BODY COMBAT	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	DUET WALKING	ABDOMINALS	DUET WALKING	GAC	RADIKAL		RADIKAL
10:15	11:00	P	AIGUA MIX		AIGUA MIX		AIGUA MIX		
10:30	11:20	S2		GYM D'OR			BODY BALANCE		
10:30	10:55	S2	MEDITACIÓ		HIPOPRESSIUS				
10:30	11:20	S3	BODY COMBAT		BODY PUMP	ZUMBA	CTC	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	GAC	RADIKAL	ABDOMINALS	RADIKAL	DUET WALKING		DUET WALKING
11:00	11:50	S2	HATHA - KUNDALINI		ASTHANGA IOGA				
11:30	12:00	S3		CARDIO HIIT		HIIT STRONG			
11:30	12:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:40	12:00	SF	RADIKAL	ABDOMINALS	GAC	DUET WALKING	ESTIRAMENTS	RADIKAL	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	DUET WALKING	RADIKAL	GAC		ABDOMINALS	ESTIRAMENTS
13:30	14:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
13:40	14:00	SF	GAC	RADIKAL	DUET WALKING	ABDOMINALS			
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		CTC		
14:30	15:20	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
15:30	16:15	P		AIGUA MIX		AIGUA MIX			
15:30	16:20	S3	CTC	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	RADIKAL	ABDOMINALS	RADIKAL	GAC	DUET WALKING		
T A R D A									
16:30	17:00	S3	HIIT STRONG		CARDIO HIIT				
16:30	17:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
16:30	17:20	S3		ESQUENA SANA		BODY PUMP			
16:40	17:00	SF	DUET WALKING	GAC	DUET WALKING	RADIKAL	ABDOMINALS		
17:00	17:25	S5		MEDITACIÓ		HIPOPRESSIUS			
17:30	18:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17:30	18:20	S2	BODY COMBAT JR	HIP HOP JR	PILATES JR	ZUMBA JR	DUET CAMP JR		
17:30	18:20	S3	TONIFICACIÓ	BODY COMBAT	CTC	ZUMBA	BODY PUMP		
17:30	18:20	S5	GYM D'OR	HATHA - KUNDALINI	BODY BALANCE	HATHA - KUNDALINI			
17:40	18:00	SF	RADIKAL	ABDOMINALS	RADIKAL	GAC	DUET WALKING		
18:30	19:20	S2	BODY BALANCE		PILATES				
18:30	19:20	S3	BODY COMBAT	CTC	ZUMBA	BODY PUMP	BODY COMBAT		
18:30	19:15	S4	CYCLING		CYCLING		CYCLING VIRTUAL		
18:30	18:55	S5		HIPOPRESSIUS		MEDITACIÓ			
18:40	19:00	SF	GAC	DUET WALKING	ABDOMINALS	DUET WALKING	RADIKAL		
19:00	19:45	S4		CYCLING		CYCLING			
19:00	19:25	S2		CARDIO HIIT		HIIT STRONG			
19:00	19:50	S5		HATHA - KUNDALINI		ASTHANGA IOGA			
19:30	20:15	P	AIGUA MIX	AIGUA MIX	AIGUA MIX	AIGUA MIX	AIGUA MIX		
19:30	20:20	S5	PILATES		BODY BALANCE				
19:30	20:20	S2		BODY COMBAT		ZUMBA			
19:30	20:20	EX	DUET CAMP						
19:30	20:20	S3	BODY PUMP	ZUMBA	TONIFICACIÓ	BODY COMBAT	TRAINING BOX		
19:30	20:15	S4	CYCLING		CYCLING		CYCLING		
19:40	20:00	SF	RADIKAL	ABDOMINALS	GAC	DUET WALKING	ESTIRAMENTS		
20:00	20:50	S5		ESQUENA SANA		PILATES			
20:00	20:45	S4		CYCLING		CYCLING			
20:30	21:20	EX				DUET CAMP			
20:30	21:15	S4	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
20:30	21:15	P		AIGUA MIX		AIGUA MIX			
20:30	21:20	S3	ZUMBA	BODY PUMP	BODY COMBAT	TONIFICACIÓ			
20:30	21:20	S2	BOXA		KICK BOXING				
20:40	21:00	SF	GAC	RADIKAL	ABDOMINALS	ESTIRAMENTS	ABDOMINALS		
21:40	22:00	SF	RADIKAL	ABDOMINALS	DUET WALKING	GAC	RADIKAL		

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

