

ACTIVITATS DIRIGIDES CEM 25 DE SETEMBRE



HORARI ESTIU

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		
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	9:00	S2	GAC'30		ESQUENA SANA'30				
9:30	10:15	P	AIGUA CTC		AIGUA CTC		AIGUA CTC		
9:15	10:00	S3	ZUMBA	BODY COMBAT	IOGA	BODY PUMP	BODY BALANCE		
9:30	10:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:30	11:15	P		AIGUA CTC		AIGUA CTC			
10:30	11:15	S3	BODY PUMP	BODY BALANCE	IOGA	BODY COMBAT	ZUMBA		
10:30	11:15	S4	CYCLING VIRTUAL	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	CYCLING VIRTUAL
12:30	13:15	S4	CYCLING VIRTUAL	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	CYCLING VIRTUAL		
T A R D A									
14:45	15:15	S2	GAC'30	HIIT STRONG'30	TONIFICACIÓ'30	CARDIO HIIT'30			
14:30	15:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
15:30	16:15	P		AIGUA CTC		AIGUA CTC			
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		
16:30	17:15	S4	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17:30	18:15	S2	DUET CAMP JR		DUET CAMP JR				
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		
18:45	19:30	S3	BODY BALANCE	BODY PUMP	ZUMBA	IOGA	BODY COMBAT		
18:30	19:15	S4	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
19:00	19:30	S2	GAC'30	HIIT STRONG'30	TONIFICACIÓ'30	CARDIO HIIT'30			
19:15	20:00	P		AIGUA CTC		AIGUA CTC			
19:45	20:30	S4	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL		
20:15	21:00	S3	BODY COMBAT	ZUMBA	BODY BALANCE	BODY PUMP			
20:45	21:30	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		

