

INICI	FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8:15h	9:00h	SALA 2	LES MILLS GRIT SERIES	EXTREMFIT	BODYPUMP	BALANCE	
8:15h	9:00h	SALA 1	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		CyclingVIRTUAL
9:00h	11:00h	EXTERIOR		CLUB TRIATLÓ			
9:15h	10:10h	SALA 2	LES MILLS SH'BAM	CTC	ZUMBA FITNESS	STEP	BODYPUMP
9:15h	10:00h	SALA 1	CYCLING	CYCLING		CYCLING	
9:15h	10:00h	PISCINA	AIGUAGIM		AIGUAGIM		AIGUAGIM
10:15h	11:00h	PISCINA		AIGUAGIM		AIGUAGIM	
10:15h	11:10h	SALA 2	BODYPUMP	PILATESADVANCE	GIMSUAU	PILATES	ZUMBA FITNESS
10:15h	11:00h	SALA 1			CYCLING		
11:15h	11:30h	FITNESS	ESC. D'ESQUENA		ABDOMINALS		
11:15h	12:10h	SALA 2					IOGA
11:30h	11:45h	FITNESS			ESC. D'ESQUENA		
13:30h	14:15h	SALA 1		CyclingVIRTUAL		CyclingVIRTUAL	
14:30h	15:15h	SALA 2	XCORE		BODYPUMP	LES MILLS GRIT SERIES	
14:30h	15:15h	SALA 1	CyclingVIRTUAL		CyclingVIRTUAL		CyclingVIRTUAL
15:15h	16:10h	SALA 2	BODYPUMP	LES MILLS GRIT SERIES		LES MILLS SH'BAM	PILATES
15:15h	16:00h	SALA 1			CYCLING		
17:30h	18:15h	SALA 1	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	

17:45h a 20h - SERVEI AQUALÚDIC	17:30h	18:25h	SALA 2		IOGA			
	18:00h	18:30h	SALA 2	LES MILLS GRIT SERIES		LES MILLS GRIT SERIES	HIPOPRESSIUS	
	18:00h	18:45h	SALA 2					BODYPUMP
	18:15h	19:00h	SALA 1	CYCLING		CYCLING		CyclingVIRTUAL
	18:30h	20:00h	EXTERIOR	RUNNING		CLUB TRIATLÓ		
	18:30h	19:15h	SALA 1		CYCLING		CYCLING	
	18:30h	19:25h	SALA 2	LES MILLS SH'BAM		BODYPUMP	CTC	
	18:45h	19:30h	SALA 2		ZUMBA FITNESS			ZUMBA FITNESS
	19:10h	19:55h	SALA 1	CYCLING		CYCLING		
	19:15h	19:30h	FITNESS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS	
	19:20h	20:05h	PISCINA		AIGUAGIM		AIGUAGIM	
	19:30h	20:15h	SALA 1		CYCLING		CYCLING	CYCLING
	19:30h	20:25h	SALA 2	BODYPUMP	CTC	LES MILLS SH'BAM	GAC	PILATES
	19:30h	20:45h	EXTERIOR		DEBUTANTS			
	20:00h	20:45h	PISCINA	AIGUAGIM		AIGUAGIM		
	20:30h	21:25h	SALA 2	BALANCE	LES MILLS SH'BAM	BODYPUMP	PILATESADVANCE	
20:30h	21:15h	SALA 1	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		

QUOTA INFANTIL
Actiu a partir de 14 anys

HORARI D'ACTIVITATS DIRIGIDES CAP DE SETMANA

DISSABTE	9:30h	10:15h	SALA 2	EXTREMFIT
	10:15h	11:00h	SALA 1	Cycling VIRTUAL
	10:15h	11:00h	PISCINA	AIGUAGIM
	11:00h	11:30h	SALA 2	HIIT
	11:30h	11:45h	SALA 2	ABDOMINALS
DIUMENGE	9:30h	10:15h	SALA 1	Cycling VIRTUAL
	9:30h	10:25h	SALA 2	BODYPUMP
	10:30h	11:15h	SALA 2	LES MILLS SH'BAM
	11:15h	12:00h	SALA 2	EXTREMFIT
	11:30h	13:00h	PISCINA	AQUAFAMILIA

La Direcció podrà, quan ho consideri necessari, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat material de substitució o qualsevol altre raó aliena al centre.