



HORARI D'ACTIVITATS DIRIGIDES Temporada 2019 - 2020 (A partir de Gener)

			DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7h	7.30	8.20		SALA 2 BEST CYCLING	SALA 2 BEST CYCLING	SALA 2 BEST CYCLING	SALA 2 BEST CYCLING		
	7.30	8.20	* SALA 2 ENT. SUSPENSIO	SALA 1 TBC	* SALA 1 HIOPRESSIUS	SALA 1 GAC			
	7.30	8.20		PISCINA AQUAGYM		PISCINA AQUAGYM			
8h	8.30	9.20			SALA 1 PILATES				
	8.30	9.20	* SALA 2 ENT. SUSPENSIO	SALA 2 BEST CYCLING	* SALA 2 ENT. SUSPENSIO	SALA 2 BEST CYCLING			
	8.30	9.20	PISCINA AQUAGYM		PISCINA AQUAGYM		PISCINA AQUAGYM		
9h	9.00	9.25	* SALA 1 HIOPRESSIUS		* SALA 2 HIOPRESSIUS			SALA 2 BEST CYCLING	SALA 2 BEST CYCLING
	9.30	10.20	SALA 1 LES MILLS BODYCOMBAT	SALA 1 GAC	SALA 1 LES MILLS BODYPUMP	SALA 1 PILATES	SALA 1 LES MILLS BODYBALANCE		
	9.30	10.20	SALA 2 CYCLING	* SALA 2 ballet fit	SALA 2 CYCLING	* SALA 2 ballet fit	SALA 2 CYCLING		
10h	10.00	10.50	BOX ABDOMINALS	BOX ABDOMINALS	BOX ABDOMINALS	BOX ABDOMINALS	BOX ABDOMINALS	SALA 2 BEST CYCLING	SALA 2 BEST CYCLING
	10.30	11.15			* BOX SMALL GROUP		* BOX SMALL GROUP		
	10.30	11.20	SALA 1 LES MILLS BODYPUMP	SALA 1 ZUMBA	SALA 1 IOGA	SALA 1 ZUMBA	SALA 1 IOGA		
	10.30	11.15	* SALA 2 BOXING	SALA 2 CYCLING	* SALA 2 BOXING	SALA 2 CYCLING	SALA 2 BEST CYCLING		
	10.30	11.20	PISCINA AQUAGYM		PISCINA AQUAGYM		PISCINA AQUAGYM		
11h	11.00	11.50		PISCINA AQUAFONS		PISCINA AQUAFONS		SALA 2 BEST CYCLING	SALA 2 BEST CYCLING
	11.00	11.45		* BOX TREBALL PREVENTIU					
	11.30	12.20	SALA 1 PILATES		* SALA 1 DANSA ORIENTAL *fins les 12:30	SALA 1 GAC	SALA 1 ZUMBA		
	11.30	12.20		* SALA 2 HBX BOXING	SALA 2 LES MILLS BODYBALANCE		* SALA 2 BOLLYWOOD *fins les 12:30		
12h	12.00	12.50					SALA 2 BEST CYCLING	SALA 2 BEST CYCLING	
13h	13.00	13.50	SALA 2 BEST CYCLING	SALA 2 BEST CYCLING	SALA 2 BEST CYCLING	SALA 2 BEST CYCLING	SALA 2 BEST TRAINING	SALA 2 BEST CYCLING	SALA 2 BEST CYCLING
14h	14.00	14.50	SALA 1 LES MILLS BODYPUMP	SALA 1 STEP	SALA 1 ZUMBA	SALA 1 LES MILLS BODYCOMBAT			
	14.00	14.50		SALA 2 CYCLING			SALA 2 CYCLING	SALA 2 BEST CYCLING	
15h	15.00	15.15	BOX ABDOMINALS	BOX ABDOMINALS	BOX ABDOMINALS	BOX ABDOMINALS	BOX ABDOMINALS		
	15.00	15.50					SALA 2 BEST CYCLING	SALA 2 BEST CYCLING	
	15.15	16.00	SALA 1 PILATES	SALA 1 LES MILLS BODYPUMP	SALA 1 GAC	SALA 1 LES MILLS BODYBALANCE			

			DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
15h	15.15	16.00	* SALA 2 HBX BOXING	* SALA 2 ballet fit		SALA 2 CYCLING			
	15.15	16.05	PISCINA AQUAGYM		PISCINA AQUAGYM		PISCINA AQUAGYM		
	15:30	16:00			* SALA 1 HIPOPRESSIUS		* SALA 1 HIPOPRESSIUS		
16h	16.00	16.50	SALA 2 BEST TRAINING	SALA 2 BEST CYCLING		SALA 2 BEST CYCLING	SALA 2 BEST TRAINING	SALA 2 BEST CYCLING	
	16.10	17.10			* SALA 2 DANSA ORIENTAL				
17h	17.00	17.45		SALA 1 FIT JUNIOR		SALA 1 FIT JUNIOR			
	17.00	17.50					SALA 2 BEST CYCLING	SALA 2 BEST CYCLING	
	17.15	18.05			* SALA 2 ballet fit				
	17.20	18.05	SALA 1 DANCE KIDS	SALA 2 FIT KIDS	SALA 1 DANCE KIDS	SALA 2 FIT KIDS			
	17.30	18.15	BOX FUNCIONAL JUNIOR		BOX FUNCIONAL JUNIOR				
18h	18.00	18.50		SALA 1 STEP		SALA 1 LES MILLS BODYPUMP	SALA 1 ZUMBA	SALA 2 BEST CYCLING	
	18.10	18.55	SALA 1 IOGA	* SALA 2 BOXING	SALA 1 IOGA	* SALA 2 BOXING			
	18.30	19.00	* SALA 2 HIPOPRESSIUS		* SALA 2 HIPOPRESSIUS		* SALA 2 HIPOPRESSIUS		
	18.50	19.00	BOX ABDOMINALS	BOX ABDOMINALS	BOX ABDOMINALS	BOX ABDOMINALS	BOX ABDOMINALS		
	19.00	19.45	* BOX SMALL GROUP		* BOX SMALL GROUP		* BOX SMALL GROUP	SALA 2 BEST CYCLING	
19h	19.00	19.50	SALA 1 LES MILLS BODYCOMBAT	SALA 1 LES MILLS BODYPUMP	SALA 1 LES MILLS BODYBALANCE	SALA 1 ZUMBA	SALA 1 PILATES		
	19.00	19.50	SALA 2 CYCLING	* SALA 2 HBX BOXING	SALA 2 CYCLING	* SALA 2 HBX BOXING	SALA 2 CYCLING		
	20.00	20.45		* BOX SMALL GROUP		* BOX SMALL GROUP			
20h	20.00	20.50	SALA 1 LES MILLS BODYPUMP	ZUMBA	ZUMBA	SALA 1 GAC			
	20.00	20.50	* SALA 2 HBX BOXING	SALA 2 CYCLING	* SALA 2 HBX BOXING	SALA 2 CYCLING	* SALA 2 HBX BOXING		
	20.00	20.50	PISCINA AQUAGYM	* PISCINA AQUATRI fins 21h	PISCINA AQUAGYM	* PISCINA B-TRAINING fins 20.30h	PISCINA AQUAGYM		
	20.00	21.00	EXTERIOR CEM RUNNING	EXTERIOR C. URBANFIT	EXTERIOR CEM RUNNING	EXTERIOR C. URBANFIT			
	21.00	21.50	SALA 2 BEST TRAINING	SALA 2 BEST BALANCE	SALA 2 BEST CYCLING	SALA 2 BEST TRAINING	SALA 2 BEST CYCLING		

La Direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el número i ordre de sessions, el contingut i horaris d'aquestes, així com els tècnics que les imparteixen.

* Activitats incloses en la QUOTA PLUS