



Horaris d'activitats dirigides

a partir de l'11 d'abril

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:10h	7:55h	Sala 1			Tonificació	HIIT	
7:10h	7:55h	Sala 2	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	Cycling
8:15h	9:00h	P. petita	Aiguagim RN	Aiguagim R	Aiguagim R	Aiguagim R	Aiguagim R
8:30h	9:00h	S. Fitnes		SYNRGY		SYNRGY	
8:30h	9:15h	Sala 2		Cycling		Cycling	
8:30h	9:25h	Sala 1	CTC		CTC		BODYPUMP
9:00h	9:15h	Sala 1		Abdominals		Abdominals	
9:00h	9:30h	Sala 3	Hipopressius R		Hipopressius R		Hipopressius R
9:15h	9:45h	Sala 3		Estiraments R		Estiraments R	
9:30h	10:15h	Sala 1					FitDance R
9:30h	10:25h	Sala 1	BODYPUMP R	MITIX R	Balance R	BODYCUMINT R	
10:00h	10:45h	P. gran	Aiguagim		Aiguagim		Aiguagim
10:30h	11:15h	Sala 1	ZUMBA R		Core		
10:30h	11:15h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
10:30h	11:25h	Sala 1		Pilates R		BODYPUMP R	Pilates R
11:15h	12:00h	Sala 1			Pilates		
15:00h	15:45h	P. petita	Aiguagim				Aiguagim
15:15h	16:00h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
15:15h	16:10h	Sala 1	BODYPUMP	MITIX	BODYCUMINT	Balance	
17:00h	17:55h	Sala 1		Pilates			
17:30h	18:15h	Sala 2	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	Cycling	CyclingVIRTUAL
17:30h	18:25h	Sala 1	BODYPUMP RN		MITIX R		BODYPUMP R
18:00h	18:55h	Sala 1		BODYPUMP R		Balance R	
18:30h	19:15h	Sala 2	Cycling	Cycling	Cycling	Cycling	CyclingVIRTUAL
18:30h	19:25h	Sala 1	MITIX R		BODYPUMP R		BODYCUMINT R
19:00h	19:45h	Sala 1		ZUMBA R		Core R	
19:15h	20:00h	P. petita	Aiguagim R	Aiguagim R	Aiguagim R		
19:30h	20:15h	Sala 2	Cycling	Cycling	Cycling	Cycling	CyclingVIRTUAL
19:30h	20:25h	Sala 1	BODYPUMP R		MITIX R		Balance R
19:50h	20:35h	Sala 1				FitDance	
19:50h	20:45h	Sala 1		Balance			
20:30h	21:15h	Sala 1			ZUMBA R		
20:30h	21:15h	Sala 2	CyclingVIRTUAL N				
20:45h	21:30h	Sala 1		Core		BODYPUMP	

Cap de setmana

Inici	Fi	Espai	Dissabte	Diumenge
9:30h	10:15h	Sala 2	Cycling	
10:30h	11:15h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL
10:30h	11:25h	Sala 1	BODYPUMP	
15:15h	16:00h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL
17:30h	18:15h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL
18:30h	19:15h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL

**SEMPRE AL
TEU RITME**

R reservable

N nova sessió

La direcció es reserva el dret de modificar, quan ho consideri necessari, nombre de sessions, contingut i horaris, i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat material de substitució o qualsevol altre raó aliena al centre.