

GRAELLA ACTIVITATS DIRIGIDES

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATÍ	CYCLING 07:05 SALA 3 45'	CYCLING VIRTUAL 07:05 SALA 3 45'	CYCLING 07:05 SALA 3 45'	BODYPUMP 07:05 SALA 2 55'	AIGUAGIM 07:05 PISCINA PETITA 45'	CYCLING VIRTUAL 09:30 SALA 3 45'	CYCLING VIRTUAL 09:30 SALA 3 45'
	AIGUAGIM 08:00 PISCINA PETITA 45'	GRIT STRENGTH/PLYO 07:05 SALA 2 30'	AIGUAGIM 08:00 PISCINA PETITA 45'	STEP 08:30 SALA 2 55'	HIPOPRESSIUS 07:30 SALA 1 30'	TBC 10:30 SALA 2 55'	CYCLING VIRTUAL 10:30 SALA 3 45'
	TONIFICACIÓ 08:30 SALA 2 55'	CYCLING 08:30 SALA 3 45'	GIM POSTURAL 08:30 SALA 1 55'	CYCLING VIRTUAL 08:30 SALA 3 45'	AIGUAGIM 08:00 PISCINA PETITA 45'	CYCLING 11:45 SALA 3 45'	CYCLING VIRTUAL 11:45 SALA 3 45'
	CYCLING VIRTUAL 09:30 SALA 3 45'	CYCLING 09:30 SALA 3 45'	CX WORX 09:30 SALA 2 30'	CYCLING 09:30 SALA 3 45'	TBC 08:30 SALA 2 55'		
	PILATES 09:30 SALA 1 55'	BODYBALANCE 09:30 SALA 1 55'	GRIT STRENGTH 10:00 SALA 2 30'	TBC 09:30 SALA 2 55'	BODYPUMP 09:30 SALA 2 55'		
	ZUMBA 09:30 SALA 2 45'	AIGUAGIM 10:00 PISCINA PETITA 45'	AIGUACARDIO 10:00 PISCINA GRAN 45'	AIGUAGIM 10:00 PISCINA PETITA 45'	AIGUACARDIO 10:00 PISCINA GRAN 45'		
	AIGUACARDIO 10:00 PISCINA GRAN 45'	GIM POSTURAL 10:30 SALA 1 55'	ZUMBA 11:00 SALA 1 45'	PILATES 10:30 SALA 1 55'	GIM SUAU 10:30 SALA 2 55'		
	BODYBALANCE 10:30 SALA 1 55'	AIGUAGIM 10:45 PISCINA PETITA 45'	GIM SUAU 10:30 SALA 2 55'	AIGUAGIM 10:45 PISCINA PETITA 45'			
	GIM SUAU 10:30 SALA 2 55'		AIGUAGIM 11:45 PISCINA PETITA 45'				
	MIGDIA	BODYPUMP 14:00 SALA 2 55'	CX WORX 14:00 SALA 2 30'	PILATES 14:00 SALA 1 55'	CYCLING VIRTUAL 14:00 SALA 3 45'	CYCLING VIRTUAL 14:00 SALA 3 45'	CYCLING VIRTUAL 15:45 SALA 3 45'
TONIFICACIÓ 15:15 SALA 2 55'		BODYBALANCE 14:30 SALA 1 30'	CX WORX 15:15 SALA 2 30'	CX WORX 14:30 SALA 2 30'	CYCLING 15:15 SALA 3 45'	CYCLING VIRTUAL 16:45 SALA 3 45'	
AIGUAGIM 15:30 PISCINA PETITA 45'		CYCLING 15:15 SALA 3 45'	CYCLING 15:15 SALA 3 45'	BODYPUMP 15:15 SALA 2 55'			
		AIGUAGIM 15:30 PISCINA PETITA 45'	AIGUAGIM 15:30 PISCINA PETITA 45'	AIGUAGIM 15:30 PISCINA PETITA 45'			
			HIPOPRESSIUS 16:00 SALA 1 30'				
TARDA	ZUMBA 16:30 SALA 2 45'	HIPOPRESSIUS 16:30 SALA 1 30'	PILATES 17:30 SALA 1 55'	ZUMBA 16:30 SALA 2 45'	ZUMBA FAMILIAR 17:30 SALA 2 45'	CYCLING VIRTUAL 17:45 SALA 3 45'	
	PILATES 17:30 SALA 1 55'	GIMDANCE 16:30 SALA 2 45'	CYCLING VIRTUAL 17:45 SALA 3 45'	HIPOPRESSIUS 17:00 SALA 1 30'	CYCLING VIRTUAL 17:45 SALA 3 45'	CYCLING VIRTUAL 18:45 SALA 3 45'	
	BODYPUMP JOVE 17:30 SALA 2 55'	CX WORX 17:30 SALA 2 30'	BODYBALANCE 18:30 SALA 1 55'	BODYBALANCE JOVE 17:30 SALA 1 30'	TBC 18:30 SALA 2 55'		
	CYCLING VIRTUAL 17:45 SALA 3 45'	TONIFICACIÓ 18:00 SALA 2 55'	ZUMBA 18:30 SALA 2 45'	PILATES 18:00 SALA 1 55'	CYCLING 19:15 SALA 3 45'		
	GIM POSTURAL 18:30 SALA 1 55'	CYCLING 18:15 SALA 3 45'	CYCLING 18:45 SALA 3 45'	GRIT PLYO 18:30 SALA 2 30'	PILATES 19:30 SALA 1 55'		
	TBC 18:30 SALA 2 55'	GIM POSTURAL 19:00 SALA 1 55'	PILATES 19:30 SALA 1 55'	BODYPUMP 19:00 SALA 2 55'			
	CYCLING 18:45 SALA 3 45'	BODYPUMP 19:00 SALA 2 55'	BODYPUMP 19:30 SALA 2 55'	CYCLING 19:15 SALA 3 45'			
	HIPOPRESSIUS 19:30 SALA 1 30'	CYCLING 19:15 SALA 3 45'	CYCLING 19:45 SALA 3 45'				
	GIMDANCE 19:40 SALA 2 45'						
	CYCLING 19:45 SALA 3 45'						
VESPRE	BODYPUMP 20:30 SALA 2 55'	PILATES 20:00 SALA 1 55'	ZUMBA 20:30 SALA 2 45'	GRIT PLYO 20:00 SALA 2 30'	AIGUAGIM 21:00 PISCINA PETITA 45'		
	CYCLING VIRTUAL 20:45 SALA 3 45'	ZUMBA 20:00 SALA 2 45'	BODYBALANCE 20:40 SALA 1 55'	CYCLING 20:15 SALA 3 45'			
	AIGUAGIM 21:00 PISCINA PETITA 45'	CYCLING 20:15 SALA 3 45'	CYCLING VIRTUAL 20:45 SALA 3 45'	TBC 20:30 SALA 2 30'			
		BODYBALANCE 21:00 SALA 1 55'	AIGUAGIM 21:00 PISCINA PETITA 45'				

CENTRE OFICIAL

