

GRAELLA D'ACTIVITATS DIRIGIDES



Ajuntament de Cardedeu

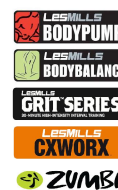


	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATÍ	CYCLING 07:05 SALA 3 45'	CYCLING VIRTUAL 07:05 SALA 3 45'	CYCLING 07:05 SALA 3 45'	BODYPUMP 07:05 SALA 2 55'	AIGUAGIM 07:05 P.PETITA 45'	CYCLING VIRTUAL 09:30 SALA 3 45'	CYCLING VIRTUAL 09:30 SALA 3 45'
	AIGUAGIM 08:00 P.PETITA 45'	GRIT SERIES 07:05 SALA 2 30'	AIGUAGIM 08:00 P.PETITA 45'	GAC 08:30 SALA 2 55'	HIPOPRESSIUS 07:30 SALA 1 30'	TBC 10:30 SALA 2 55'	CYCLING VIRTUAL 10:30 SALA 3 45'
	CYCLING VIRTUAL 08:00 SALA 3 45'	CYCLING 08:30 SALA 3 45'	CYCLING VIRTUAL 08:00 SALA 3 45'	CYCLING VIRTUAL 08:30 SALA 3 45'	AIGUAGIM 08:00 P.PETITA 45'	FUNCTIONAL TRAINING 11:30 FITNES 30'	CYCLING VIRTUAL 11:45 SALA 3 45'
	TONIFICACIÓ 08:30 SALA 2 55'	CYCLING 09:30 SALA 3 45'	CORE POSTURAL 08:30 SALA 1 55'	CYCLING 09:30 SALA 3 45'	TBC 08:30 SALA 2 55'	CYCLING 11:45 SALA 3 45'	
	CYCLING VIRTUAL 09:30 SALA 3 45'	BODYBALANCE 09:30 SALA 1 55'	CX WORX 09:30 SALA 2 30'	TBC 09:30 SALA 2 55'	BODYPUMP 09:30 SALA 2 55'	ABDOMINALS 12:30 FITNES 20'	
	PILATES 09:30 SALA 1 55'	AIGUAGIM 10:00 P.PETITA 45'	GRIT SERIES 10:00 SALA 2 30'	AIGUAGIM 10:00 P.PETITA 45'	AIGUACARDIO 10:00 P.GRAN 45'		
	ZUMBA 09:30 SALA 2 45'	CORE POSTURAL 10:30 SALA 1 55'	AIGUACARDIO 10:00 P.GRAN 45'	PILATES 10:30 SALA 1 55'	TBC SUAU 10:30 SALA 2 55'		
	AIGUACARDIO 10:00 P.GRAN 45'	FUNCTIONAL TRAINING 10:30 FITNES 30'	TBC SUAU 10:30 SALA 2 55'	ABDOMINALS 10:30 FITNES 20'	ABDOMINALS 10:30 FITNES 20'		
	BODYBALANCE 10:30 SALA 1 55'	AIGUAGIM 10:45 P.PETITA 45'	ABDOMINALS 10:30 FITNES 20'	AIGUAGIM 10:45 P.PETITA 45'			
	FUNCTIONAL TRAINING 10:30 FITNES 30'		ZUMBA 11:00 SALA 1 45'				
	TBC SUAU 10:30 SALA 2 55'		AIGUAGIM 11:45 P.PETITA 45'				
	FUNCTIONAL TRAINING 12:30 FITNES 30'						
	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 P.PETITA 45'		CYCLING 15:15 SALA 3 45'	CYCLING VIRTUAL 15:15 SALA 3 45'	BODYPUMP 15:15 SALA 2 55'	ABDOMINALS 16:05 FITNES 20'		
		AIGUAGIM 15:30 P.PETITA 45'	AIGUAGIM 15:30 P.PETITA 45'	AIGUAGIM 15:30 P.PETITA 45'			
TARDA	ZUMBA 16:30 SALA 2 45'	FUNCTIONAL TRAINING 16:05 FITNES 30'	HIPOPRESSIUS 16:00 SALA 1 30'	ZUMBA 16:30 SALA 2 45'	ZUMBA FAMILIAR 17:30 SALA 2 45'	CYCLING VIRTUAL 17:45 SALA 3 45'	
	ABDOMINALS 17:00 FITNES 20'	GIMDANCE 16:30 SALA 2 45'	ABDOMINALS 17:00 FITNES 20'	BODYBALANCE JOVE 17:00 SALA 1 30'	CYCLING VIRTUAL 17:45 SALA 3 45'	CYCLING VIRTUAL 18:45 SALA 3 45'	
	PILATES 17:30 SALA 1 55'	HIPOPRESSIUS 17:30 SALA 1 30'	PILATES 17:30 SALA 1 55'	HIPOPRESSIUS 17:30 SALA 1 30'	TBC 18:30 SALA 2 55'		
	BODYPUMP JOVE 17:30 SALA 2 55'	TONIFICACIÓ 18:00 SALA 2 55'	CYCLING VIRTUAL 17:45 SALA 3 45'	PILATES 18:00 SALA 1 55'	FUNCTIONAL TRAINING 18:30 FITNES 30'		
	CYCLING VIRTUAL 17:45 SALA 3 45'	CYCLING 18:15 SALA 3 45'	BODYBALANCE 18:30 SALA 1 55'	CYCLING VIRTUAL 18:15 SALA 3 45'	CYCLING 19:15 SALA 3 45'		
	CORE POSTURAL 18:30 SALA 1 55'	CORE POSTURAL 19:00 SALA 1 55'	ZUMBA 18:30 SALA 2 45'	GRIT SERIES 18:30 SALA 2 30'	PILATES 19:30 SALA 1 55'		
	TBC 18:30 SALA 2 55'	BODYPUMP 19:00 SALA 2 55'	CYCLING 18:45 SALA 3 45'	BODYPUMP 19:00 SALA 2 55'			
	CYCLING 18:45 SALA 3 45'	CYCLING 19:15 SALA 3 45'	FUNCTIONAL TRAINING 19:00 FITNES 30'	ABDOMINALS 19:00 FITNES 20'			
	ABDOMINALS 19:00 FITNES 20'		PILATES 19:30 SALA 1 55'	CYCLING 19:15 SALA 3 45'			
	HIPOPRESSIUS 19:30 SALA 1 30'		BODYPUMP 19:30 SALA 2 55'				
	GIMDANCE 19:40 SALA 2 45'		CYCLING 19:45 SALA 3 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'	HIPOPRESSIUS 20:00 SALA 1 30'	AIGUAGIM 21:00 P.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 P.PETITA 45'		CYCLING 20:15 SALA 3 45'	CYCLING VIRTUAL 20:45 SALA 3 45'	TBC 20:30 SALA 2 30'			
		FUNCTIONAL TRAINING 20:15 FITNES 30'	AIGUAGIM 21:00 P.PETITA 45'	FUNCTIONAL TRAINING 20:15 FITNES 30'			
		GAC 21:00 SALA 2 55'					



PISTA OBERTA PÀDEL!
GRATUÏT PER ABONADES I ABONATS
DL-DV: DE 10-12H I DE 17-19H

CENTRE OFICIAL:



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