

ACTIVITATS DIRIGIDES Inici 29 d'agost

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
06:15 - 07:00 FULL BODY SALA 1 06:30 - 07:25 CYCLING 55' EXTERIOR 07:00 - 07:45 AQUAGIM PISCINA 3	06:30 - 07:15 C.POSTURAL SALA 1 07:00 - 07:55 CYCLING 55' EXTERIOR 07:30 - 08:15 AQUAGIM PISCINA 3	06:15 - 07:00 GAC SALA 1 06:30 - 07:25 CYCLING 55' EXTERIOR 07:00 - 07:45 CORE+ESTIRAMENTS 45' SALA 1 07:30 - 08:30 MARXA NÒRDICA EXTERIOR	06:15 - 07:10 B-PUMP SALA 1 07:15 - 07:45 HIPOPRESSIUS SALA 2 07:20 - 08:15 CYCLING 55' EXTERIOR 07:30 - 08:15 AQUAGIM PISCINA 3 08:30 - 09:15 EN FORMA SALA 1	06:15 - 07:00 EN FORMA SALA 1 06:15 - 07:10 CYCLING 55' EXTERIOR
08:30 - 09:15 EN FORMA SALA 1	08:30 - 09:15 C.POSTURAL SALA 1	08:00 - 08:30 SÒL PELVIÀ SALA 2 08:30 - 09:00 HIPOPRESSIUS SALA 1 09:15 - 10:00 EN FORMA SALA 1 09:30 - 10:15 ESPECIAL TREN SUPERIOR EXTERIOR	09:30 - 10:15 CYCLING 45' EXTERIOR	08:30 - 09:15 CORE+ESTIRAMENTS 45' SALA 1 09:30 - 10:15 C.POSTURAL SALA ARTÍSTICA 09:30 - 10:15 FULL BODY SALA 1
09:15 - 10:00 C.POSTURAL SALA ARTÍSTICA 09:30 - 10:15 GAC SALA 1	09:15 - 10:10 B-PUMP SALA 1 09:30 - 10:00 SÒL PELVIÀ SALA 2 09:30 - 10:15 CYCLING 45' EXTERIOR 10:30 - 11:15 ESPECIAL TREN SUPERIOR SALA 1	10:00 - 10:45 CORE+ESTIRAMENTS 45' SALA ARTÍSTICA 10:30 - 11:15 GAC SALA 1 10:30 - 11:25 CYCLING 55' EXTERIOR 11:30 - 12:15 EN FORMA SÈNIOR SALA 1 12:00 - 12:45 AQUAGIM PISCINA 3 13:00 - 13:45 AQUAGIM PISCINA 3 13:30 - 14:25 CYCLING 55' EXTERIOR	10:30 - 11:15 FULL BODY SALA 1	10:30 - 11:15 MOBILITAT FUNCIONAL SALA 1
10:30 - 11:00 HIPOPRESSIUS SALA 1 10:30 - 11:25 CYCLING 55' EXTERIOR	11:00 - 11:45 AQUAGIM PISCINA 3 12:00 - 12:45 AQUAGIM PISCINA 3 13:30 - 14:15 CIRCUIR TRAINING SALA 1	14:15 - 14:45 HIPOPRESSIUS SALA 1 15:30 - 16:15 ESPECIAL TREN SUPERIOR SALA 1	11:30 - 12:15 C. POSTURAL SÈNIOR SALA 1 12:00 - 12:45 AQUAGIM PISCINA 3 13:30 - 14:25 B-PUMP SALA 1	11:30 - 12:15 FORÇA SÈNIOR SALA 1 12:00 - 12:45 AQUAGIM PISCINA 3 13:00 - 13:45 AQUAFIT PISCINA 3 13:30 - 14:15 FULL BODY SALA 1
11:30 - 12:15 FORÇA SÈNIOR SALA 1 12:00 - 12:45 AQUAGIM PISCINA 3 13:00 - 13:45 AQUAGIM PISCINA 3 13:30 - 14:15 IOGA SALA 2 13:30 - 14:15 GAC SALA 1 14:30 - 15:00 SÒL PELVIÀ SALA 1 15:15 - 16:00 IOGA SALA 2 15:30 - 16:15 EN FORMA SALA 1 15:30 - 16:15 CYCLING 45' EXTERIOR 16:30 - 17:15 CIRCUIR TRAINING SALA 1	15:00 - 15:45 AQUAGIM PISCINA 3 15:45 - 16:30 GAC SALA 1	16:00 - 16:45 AQUAGIM PISCINA 3 16:30 - 17:15 FULL BODY SALA 1 17:30 - 18:15 C.POSTURAL SALA 2 17:30 - 18:15 GAC SALA 1 17:30 - 18:15 CYCLING 45' EXTERIOR 18:30 - 19:15 CORE+ESTIRAMENTS 45' SALA 2 18:30 - 19:15 ESPECIAL TREN SUPERIOR SALA 1 18:30 - 19:15 CYCLING 45' EXTERIOR 19:30 - 20:15 IOGA SALA 2 19:30 - 20:25 B-PUMP SALA 1 19:30 - 20:15 GAC EXTERIOR 20:30 - 21:00 HIPOPRESSIUS SALA 1 20:45 - 21:30 IOGA SALA 2	15:00 - 15:30 SÒL PELVIÀ SALA 2 15:30 - 16:25 B-PUMP SALA 1 15:45 - 16:30 C.POSTURAL SALA ARTÍSTICA 16:00 - 16:45 AQUAGIM PISCINA 3 16:30 - 17:15 GAC SALA 1 17:30 - 18:00 SÒL PELVIÀ SALA 2 17:30 - 18:15 ESPECIAL TREN SUPERIOR SALA 1 17:30 - 18:15 CYCLING 45' EXTERIOR 18:30 - 19:25 B-PUMP SALA 1	15:00 - 15:45 AQUAGIM PISCINA 3 16:30 - 17:15 CORE+ESTIRAMENTS 45' SALA 1 17:30 - 18:15 GAC SALA 1 17:30 - 18:15 CYCLING 45' EXTERIOR 18:30 - 19:15 IOGA SALA 2 18:30 - 19:25 CYCLING 55' EXTERIOR 18:30 - 19:15 CIRCUIR TRAINING EXTERIOR 19:30 - 20:15 EN FORMA SALA 1 19:45 - 20:30 IOGA SALA 2
17:30 - 18:15 FULL BODY SALA 1 17:30 - 18:15 CYCLING 45' EXTERIOR 17:45 - 18:15 HIPOPRESSIUS SALA 1 18:30 - 19:15 C.POSTURAL SALA 2 18:30 - 19:15 EN FORMA SALA 1 18:30 - 19:15 CYCLING 45' EXTERIOR 19:30 - 20:15 GAC SALA 1 19:30 - 20:25 CYCLING 55' EXTERIOR	17:30 - 18:15 CIRCUIR TRAINING EXTERIOR 17:30 - 18:15 CYCLING 45' EXTERIOR 18:30 - 19:15 AEROLATINO SALA 1 18:30 - 19:15 GAC EXTERIOR 18:30 - 19:15 CYCLING 45' EXTERIOR 19:30 - 20:15 CORE+ESTIRAMENTS 45' SALA 2 19:30 - 20:15 ESPECIAL TREN SUPERIOR SALA 1	20:30 - 21:25 B-PUMP SALA 1	19:30 - 20:15 EN FORMA SALA 1 19:30 - 20:00 HIIT EXTERIOR 19:30 - 20:15 CYCLING 45' EXTERIOR 20:30 - 21:15 STEP DANCE SALA 1 20:30 - 21:15 AQUAGIM PISCINA 3	
20:30 - 21:25 B-PUMP SALA 1	20:30 - 21:15 C.POSTURAL SALA 1			
DISSABTE	DIUMENGE			
07:45 - 08:30 CYCLING 45' EXTERIOR 09:00 - 09:55 B-PUMP SALA 1 10:30 - 11:15 CIRCUIR TRAINING EXTERIOR 11:30 - 12:15 GAC SALA 1 12:30 - 13:15 MOBILITY STRENGTH SALA 1	10:30 - 11:15 EN FORMA SALA 1			