



INICI - FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	ESPAI	INICI - FINAL
7.30 8.20	S1/EXT	HARD TRAINING	BODY BALANCE	BODY PUMP		ATTACK/CXWORX			S1/EXT	7.30 8.20
7.30 8.20	S3/EXT				CICLO INDOOR				S3/EXT	7.30 8.20
8.30 9.20	S1/EXT				PILATES				S1/EXT	8.30 9.20
8.30 9.20	S2/EXT	ZUMBA	GAC						S2/EXT	8.30 9.20
8.30 9.20	S3/EXT			CICLO INDOOR					S3/EXT	8.30 9.20
8.30 9.15	PP			WET INTERVAL		WET INTERVAL			PP	8.30 9.15
9.30 10.20	S1/EXT	BODY BALANCE	PILATES	ZUMBA	BODY PUMP	HARD TRAINING			S1/EXT	9.30 10.20
9.30 10.20	S2/EXT								S2/EXT	9.30 10.20
9.30 10.20	S3/EXT				CICLO INDOOR				S3/EXT	9.30 10.20
9.30 10.15	PP				WET COMBO				PP	9.30 10.15
10.30 11.20	S1/EXT			BODY PUMP		BODY COMBAT			S1/EXT	10.30 11.20
10.30 11.00	S2				FOAM ROLLER				S2	10.30 11.00
10.30 11.20	S3/EXT	CICLO INDOOR	CICLO INDOOR			CICLO INDOOR			S3/EXT	10.30 11.20
10.30 11.15	PP		WET GYM						PP	10.30 11.15
11.30 12.00	S1/EXT	ESTIRAMENTS	ESTIRAMENTS			PILATES			S1/EXT	11.30 12.00
12.30 13.20	S3/EXT						CICLO INDOOR		S3/EXT	12.30 13.20
14.30 15.20	S1/EXT		BODY PUMP						S1/EXT	14.30 15.20
14.30 15.20	S2/EXT	BODY BALANCE		HARD TRAINING	BODY COMBAT				S2/EXT	14.30 15.20
14.30 15.20	S3/EXT					CICLO INDOOR			S3/EXT	14.30 15.20
15.30 16.20	S1/EXT	BODY PUMP	BODY BALANCE	ZUMBA	BODY PUMP	BODY COMBAT			S1/EXT	15.30 16.20
16.30 17.00	S2/EXT		TABATA						S2/EXT	16.30 17.00
16.30 17.20	S2/EXT				GAC	SH'BAM			S2/EXT	16.30 17.20
16.30 17.20	S3/EXT	CICLO INDOOR		CICLO INDOOR	CICLO INDOOR				S3/EXT	16.30 17.20
16.30 17.00	S2								S2	16.30 17.00
16.30 17.15	PP			WET GYM		WET COMBO			PP	16.30 17.15
17.00 17.50	S1/EXT		GAC						S1/EXT	17.00 17.50
17.30 18.20	S1/EXT	BODY PUMP		ATTACK/CX	ZUMBA	BODY PUMP			S1/EXT	17.30 18.20
17.30 18.20	S1								S1	17.30 18.20
17.30 18.20	S2	BODY BALANCE		PILATES	BODY BALANCE	ED. POSTURAL			S2	17.30 18.20
17.45 18.35	S1								S1	17.45 18.35
18.00 18.50	S2		BODY BALANCE						S2	18.00 18.50
18.10 19.00	S1/EXT		ZUMBA						S1/EXT	18.10 19.00
18.30 19.20	S1/EXT			GAC					S1/EXT	18.30 19.20
18.30 19.20	S2/EXT				ATTACK/CXW				S2/EXT	18.30 19.20
18.30 19.15	PP	WET INTERVAL							PP	18.30 19.15
18.30 19.20	S3/EXT	CICLO INDOOR							S3/EXT	18.30 19.20
18.30 19.20	S2			SH'BAM					S2	18.30 19.20
18.45 19.35	S1/EXT	ZUMBA				SH'BAM			S1/EXT	18.45 19.35
18.45 19.35	S2					BODY BALANCE			S2	18.45 19.35
19.00 19.50	S3/TR		CICLO INDOOR						S3/TR	19.00 19.50
19.15 20.05	S2/EXT		BODY COMBAT						S2/EXT	19.15 20.05
19.30 20.20	S1/EXT				GAC				S1/EXT	19.30 20.20
19.30 20.20	S3/EXT			CICLO INDOOR					S3/EXT	19.30 20.20
19.45 20.35	S2/EXT	BODY PUMP							S2/EXT	19.45 20.35
19.45 20.35	S3/EXT	CICLO INDOOR				CICLO INDOOR			S3/EXT	19.45 20.35
20.30 21.20	S1/EXT			HARD TRAINING					S1/EXT	20.30 21.20
20.15 21.05	S1/EXT		BODY PUMP						S1/EXT	20.15 21.05

Tel. 93 402 40 90 - info@lhn.lh.cat

S1 - Sala 1 S2 - Sala 2 S3 - Sala Ciclo idoor S F - Sala Fitness PP - Piscina

CARDIOVASCULAR TONIFICACIÓ COS I MENT AQUÀTIQUES

La Direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el nombre i l'ordre de les sessions, el contingut, els horaris i els tècnics que les imparteixen.

