



poliesportiu
municipal
gornal

CALENDARI ACTIVITATS DIRIGIDES

DEL 30 DE SEPTEMBRE AL 22 DE DESEMBRE DE 2024

INICI FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
FRANJA DESPERTADOR								
7:30 8:20	S1	FIT SUAU I		ESTIRAMENTS I				
7:30 8:20	S3		VIRTUAL BIKE III		VIRTUAL BIKE III	VIRTUAL BIKE III		
7:30 8:20	P		WET GYM I		WET GYM I			
8:30 9:20	S1	GLOBAL PILATES I	ESTIRAMENTS I	FIT SUAU I	SENIOR DANCE I			
8:30 9:20	S2	SENIOR FIT I	HARD TRAINING III		ESTIRAMENTS I	SENIOR FIT I		
8:30 9:20	P				WET HARD III			
8:30 9:20	S3	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
8:30 9:15	P					WET GYM I		
FRANJA MATÍ								
9:30 10:20	S1	ZUMBA II	BODY COMBAT III	ESTIRAMENTS I	BODY PUMP II	ZUMBA II	BODY PUMP II	
9:30 10:20	S3	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III
9:30 10:20	P		WET GYM I	WET COMBO II	WET GYM I			
9:40 10:30	P	WET GYM I						
10:00 10:15	SF	ABD I	ABD I	ABD I	ABD I	ABD I		
10:30 11:20	S1	BODY PUMP II	GLOBAL PILATES I	ZUMBA II	DANSA XACRES II	GAC II		
10:30 11:20	S2	HARD TRAINING III		HARD TRAINING III				
10:30 10:55	S2				TRX III			
10:30 11:20	S3	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III
10:30 11:20	P		WET COMBO II					
10:40 11:30	P	WET COMBO II		WET GYM I				
11:30 12:20	S1		YOGA I		GLOBAL PILATES I			
11:30 11:55	S2		TRX III					
11:30 12:20	S3	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
FRANJA MIGDIA								
12:30 13:20	S3							VIRTUAL BIKE III
14:00 14:15	SF	ABD I	ABD I	ABD I	ABD I	ABD I		
14:15 15:05	S2	HARD TRAINING III	HARD TRAINING III		HARD TRAINING III			
14:15 15:05	S3		VIRTUAL BIKE III	CICLO INDOOR III		VIRTUAL BIKE III		
15:15 16:05	S3		VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III	
15:15 16:05	S1		GAC II		ZUMBA II			
15:30 15:55	S1	GLUTIS EXPRES II						
15:30 16:20	S1			BODY BALANCE I		BODY PUMP II		
16:00 16:45	P	WET GYM I	WET GYM I	WET GYM I	WET GYM I	WET GYM I		
FRANJA TARDA								
17:00 17:50	S1	BODY PUMP II	BODY BALANCE I	BODY PUMP II	ZUMBA II	HIIT CARDIO III		
17:00 17:50	S2			GLOBAL PILATES I		HARD TRAINING III		
17:00 17:50	S3		VIRTUAL BIKE III		VIRTUAL BIKE III		VIRTUAL BIKE III	
17:30 17:55	S2		GLUTIS EXPRES II		GLUTIS EXPRES II			
18:00 18:50	S1	ZUMBA II	GAC II	HIIT CARDIO III	BODY BALANCE I	ZUMBA II		
18:00 18:50	S2	HARD TRAINING III		HARD TRAINING III				
18:00 18:50	S3	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III	
18:30 18:45	SF	ABD I	ABD I	ABD I	ABD I	ABD I		
19:00 19:50	S1	BODY COMBAT III	ZUMBA II	BODY PUMP II	AERÒBIC II	GLOBAL PILATES I		
19:00 19:50	S2		HARD TRAINING III	GAC II	HARD TRAINING III			
19:00 19:50	S3	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III		
19:00 19:50	P	WET COMBO II		WET COMBO II				
FRANJA NIT								
20:00 20:50	S2	HARD TRAINING III		HARD TRAINING III				
20:00 20:50	P				WET COMBO II			
20:00 20:50	S1	BODY BALANCE I	BODY PUMP II	ZUMBA II	GLOBAL PILATES I			
20:00 20:50	S3	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		
20:15 21:05	P		WET HARD III					

S1 - Sala 1 S2 - Sala 2 S3 - Sala 3 P-Piscina SF - Sala Fitness

Cardiovascular Tonicificació Cos i ment Aquàtiques

I - Baixa intensitat II - Mitja intensitat III - Alta intensitat

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. Aquestes activitats no estan incloses a la quota d'abonament i necessiten inscripció prèvia.