

INICI	FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
<b>FRANJA DESPERTADOR</b>									
7:30	8:20	S1	FIT SUAU I		ESTIRAMENTS I				
7:30	8:20	S3		CICLO INDOOR 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	ESTIRAMENTS I			
8:30	9:20	S2		HARD TRAINING III		HARD TRAINING III			
8:30	9:20	S3	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
8:30	9:15	P					WET GYM I		
<b>FRANJA MATÍ</b>									
9:30	10:20	S1	ZUMBA II	BODY PUMP II	ESTIRAMENTS I	BODY COMBAT III	ZUMBA II		
9:30	10:20	S3	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III
9:30	10:20	P	WET COMBO II	WET GYM I	WET COMBO II	WET GYM I			
10:30	11:20	S1	BODY PUMP II		ZUMBA II	BODY BALANCE I	GAC II	BODY PUMP II	
10:30	11:20	S2	HARD TRAINING III		HARD TRAINING III				
10:30	11:20	S3	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III
10:30	11:20	P	WET GYM I	WET COMBO II	WET GYM I				
11:30	12:20	S1		GLOBAL PILATES I		GLOBAL PILATES I			
11:30	12:20	S3	VIRTUAL BIKE III		VIRTUAL BIKE III		VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III
<b>FRANJA MIGDIA</b>									
12:30	13:20	S3						VIRTUAL BIKE III	VIRTUAL BIKE III
14:15	15:05	S2		HARD TRAINING III		HARD TRAINING III			
14:15	15:05	S3		VIRTUAL BIKE III	CICLO INDOOR III		VIRTUAL BIKE III		
15:15	16:05	EXT	GAC II	BODY COMBAT III	BODY BALANCE I	ZUMBA II			
15:15	16:05	S3		VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III	
16:00	16:45	P	WET GYM I	WET GYM I	WET GYM I	WET GYM I			
16:10	17:00	S2	HARD TRAINING III						
<b>FRANJA TARDA</b>									
17:00	17:50	S1	BODY PUMP II	BODY BALANCE I	GAC II	ZUMBA II	BODY PUMP II		
17:15	18:05	S3		VIRTUAL BIKE III		VIRTUAL BIKE III		VIRTUAL BIKE III	
18:00	18:50	S1	ZUMBA II	GAC II	BODY PUMP II	BODY BALANCE I	ZUMBA II		
18:00	18:50	S3					CICLO INDOOR III		
18:15	19:05	S3	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III		VIRTUAL BIKE III	
18:15	19:05	EXT	HARD TRAINING III		HARD TRAINING III				
19:00	19:50	S1	BODY COMBAT III	AERÓBIC II	ZUMBA II	GAC II	GLOBAL PILATES I		
19:15	20:05	S3	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III		
19:15	20:05	P	WET COMBO II		WET GYM I				
19:15	20:05	EXT		HARD TRAINING III		HARD TRAINING III			
20:00	20:50	P				WET COMBO II			
<b>FRANJA NIT</b>									
20:00	20:50	S1	ZUMBA II	BODY PUMP II	AERÓBIC II	GLOBAL PILATES I			
20:15	21:05	S3	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III		
20:15	21:05	P		WET HARD III					
20:15	21:05	EXT	HARD TRAINING III		BODY BALANCE I				

S1 - Sala 1

S1 - Sala 1

S2 - Sala 2

S3 - Sala 3

EXT - Exterior

SF - Sala Fitness

P - Piscina

CARDIOVASCULAR

TONIFICACIÓ

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.

\* Activitat no inclosa a la quota.

