



poliesportiu  
municipal  
gornal



# CALENDARI ACTIVITATS DIRIGIDES

## DEL 3 D'OCTUBRE AL 24 DE DESEMBRE DE 2022

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		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	ESTIRAMENTS I			
8.30 9.20	S2		HARD TRAINING III		HARD TRAINING III	SENIOR FIT I		
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		
<b>FRANJA MATÍ</b>								
9.30 10.20	S1	ZUMBA II	BODYPUMP II	ESTIRAMENTS I	BODY COMBAT III	ZUMBA II	BODYPUMP 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 GYM I	WET COMBO II	WET GYM I			
10.00 10.15	SF	ABD I	ABD I	ABD I	ABD I	ABD I		
10.30 11.20	S1	BODYPUMP II	GLOBAL PILATES I	ZUMBA II	BODY BALANCE I	GAC 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	CICLO INDOOR III	VIRTUAL BIKE III
10.30 11.20	P	WET COMBO II	WET COMBO II	WET GYM I				
11.30 12.20	S1				GLOBAL PILATES I			
11.30 12.20	S3	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
<b>FRANJA MIGDIA</b>								
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 16.20	S1	BODY COMBAT III		BODY BALANCE I		BODYPUMP II		
16.00 16.45	P	WET GYM I	WET GYM I	WET GYM I	WET GYM I	WET GYM I		
<b>FRANJA TARDA</b>								
17.00 17.50	S1	BODYPUMP II	BODY BALANCE I	BODYPUMP II	ZUMBA II	GAC II		
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	
18.00 18.50	S1	ZUMBA II	GAC II	BODY COMBAT III	BODY BALANCE I	ZUMBA II		
18.00 18.50	S2			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 19.20	S2	HARD TRAINING 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	BODYPUMP II	AERÓBIC II	GLOBAL PILATES I		
19.00 19.50	S2			GAC II				
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				
19.00 19.50	S2		HARD TRAINING III		HARD TRAINING III			
<b>FRANJA NIT</b>								
20.00 20.50	P				WET COMBO II			
20.00 20.50	S1	GAC II	BODYPUMP 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		
20.00 20.50	P		WET HARD III					

S1 - Sala 1

S2 - Sala 2

S3 - Sala 3

P - Piscina

EXT - Exterior

SF - Sala Fitness

I - Baixa intensitat

Cardiovascular

Tonificació

Cos i ment

Aquàtiques

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.