

ACTIVITATS DIRIGIDES

INICI	FINAL	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05	7:55	S3	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III		
8:30	8:45	SF	E. FUNCIONAL II	E. FUNCIONAL II	ABDOMINALS II	E. FUNCIONAL II	ABDOMINALS II		
8:30	9:15	P	AQUATONO II	AQUACARDIO II	AQUATONO II	AQUACARDIO II			
9:30	10:20	S3						C. VIRTUAL III	C. VIRTUAL III
9:30	10:20	S1	AERÒBIC II	STEP II	AERÒBIC II	GAC II	STEP II		
9:30	10:20	S2	FITBALL I	FITNESS BODY II	FITBALL I				
10:15	11:00	P	AQUATONO II	AQUACARDIO II	AQUATONO II	AQUACARDIO II	AQUATONO II		
10:30	11:20	S1	BODY PUMP II	ZUMBA II	BODY PUMP II	ZUMBA II	FITNESS BODY II		
10:30	11:20	S2	ZUMBA II	PILATES I	HBX FUSION II	PILATES I			
10:30	11:20	S3	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III
11:30	12:20	S1	STRETCHING I	PILATES I	STRETCHING I	PILATES I	STRETCHING I		
11:30	12:20	S3	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III
12:30	13:15	P	AQUATONO II	AQUACARDIO II	AQUATONO II	AQUACARDIO II	AQUATONO II		
12:30	13:20	S3	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III
14:15	15:05	S1				BODY PUMP II			
14:15	15:05	S2	HBX FUSION II		HBX BOXING III				
14:15	15:05	S3	C. VIRTUAL III	CICLO III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III		
15:15	16:05	S1	BODY PUMP II	PILATES I	FITNESS BODY II	GAC II			
15:15	16:05	S2					HBX FUSION II		
16:15	17:00	P	AQUATONO II	AQUACARDIO II	AQUATONO II	AQUACARDIO II			
16:15	16:30	SF	E. FUNCIONAL II	ABDOMINALS II	E. FUNCIONAL II	ABDOMINALS II	E. FUNCIONAL II	E. FUNCIONAL II	
16:30	17:20	S3	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	
17:30	18:20	S1	FITNESS BODY II	GAC II	PILATES I	STRETCHING I	PILATES I		
18:30	19:20	S1	ZUMBA II	FITNESS BODY II	BODY PUMP II	BODY PUMP II	ZUMBA II		
18:30	19:20	S2	BODY ATTACK III	HBX FUSION II	HBX BOXING III	FITBALL I			
18:30	19:20	S3	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	
19:15	20:00	P	AQUATONO II	AQUACARDIO II	AQUATONO II	AQUACARDIO II			
19:30	20:20	S1	BODY PUMP II	ZUMBA II	ZUMBA II	ZUMBA II			
19:30	20:20	S2	HBX FUSION II	HBX BOXING III		HBX FUSION II			
19:30	20:20	S3	C. VIRTUAL III	C. VIRTUAL III	CICLO III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	
20:30	20:45	SF	E. FUNCIONAL II	ABDOMINALS II	E. FUNCIONAL II	ABDOMINALS II	E. FUNCIONAL II	E. FUNCIONAL II	
20:30	21:20	S1	PILATES I		PILATES I				
20:30	21:20	S3	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	C. VIRTUAL III	

S1 - Sala 1

S2 - Sala 2

S3 - Sala 3

P - Piscina

EXT - Exterior

SF - Sala Fitness

I Baixa intensitat II Mitja intensitat III Alta intensitat

CARDIOVASCULAR

FORÇA

COMBINADA

COS I MENT

AQUÀTICA

La instal·lació podrà modificar les sessions, els espais i els tècnics quan ho consideri oportú per necessitat del servei.