

CALENDARI ACTIVITATS DIRIGIDES

DEL 2 D'ABRIL AL 30 DE JUNY DE 2024

INICI FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:30 8:15	P		WET COMBO I					
7:30 7:45	SF	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ESTIRAMENTS 15'		
7:30 8:15	S1				BODYPUMP II			
8:15 9:00	S3				IOGA I			
8:15 9:00	S2	CICLO INDOOR III		CICLO INDOOR III				
8:15 9:00	P	WET INTERVAL II	WET INTERVAL II	WET COMBO I	WET INTERVAL II	WET COMBO I		
8:30 8:45	SF	ABDOMINALS 15'	ESTIRAMENTS 15'	ABDOMINALS 15'	ESTIRAMENTS 15'	ABDOMINALS 15'		
8:30 10:30	EXT			NORDIC WALKING II		NORDIC WALKING II		
9:15 10:00	PV	ZUMBA II			ZUMBA II			
9:15 10:00	S1	BODYCOMBAT III	LES MILLS CORE II	BODYPUMP II	IBT II	LES MILLS CORE II	GLOBAL PILATES I	
9:15 10:00	S3	GRAVITY II	TABATA+ ESTIRAMENTS	HIPOPRESSIUS I				
9:15 10:00	P	WET INTERVAL II		WET INTERVAL II	WET COMBO I			
9:30 9:45	SF						ABDOMINALS 15'	ABDOMINALS 15'
10:15 11:00	PV	GENT GRAN I						
10:15 11:00	S1	IOGA I	GENT GRAN I	GENT GRAN I	GENT GRAN I	BODYPUMP II	PUMP + IBT	
10:15 11:15	S2		CICLO INDOOR III		CICLO INDOOR III			
10:15 11:00	S3	GRAVITY II		GRAVITY II				
10:15 11:00	P		WET GYM I					
10:30 10:45	SF		ABDOMINALS 15'		ABDOMINALS 15'			
11:15 11:45	S1	HIPOPRESSIUS 30'						
11:15 12:00	S1		IOGA I	GLOBAL PILATES I		GENT GRAN I		
11:15 12:00	S2						CICLO INDOOR III	
12:30 12:45	SF						ABDOMINALS 15'	ABDOMINALS 15'
12:30 13:15	P	WET COMBO I	WET INTERVAL II	WET INTERVAL II	WET GYM I			
13:30 14:00	S1				LES MILLS CORE 30' III			
13:30 14:15	S1	BODYPUMP II						
13:30 14:15	S2		CICLO INDOOR III					
13:30 14:15	P			HARD WET III				
14:15 15:00	S1		ZUMBA II		ZUMBA II	IOGA I		
15:15 16:00	S1	GLOBAL PILATES I	BODYCOMBAT III	IBT II	BODYPUMP II	ZUMBA II		
15:15 16:00	S3	TAC FIT		TAC FIT				
16:00 16:45	P	WET GYM I	WET INTERVAL II	WET INTERVAL II	WET COMBO I	WET GYM I		
16:15 17:00	S1	FULLBODY II	BODYPUMP II	LES MILLS CORE II	BODYCOMBAT III	GLOBAL PILATES I		
17:15 18:00	S1	BODYPUMP II	ZUMBA II	IBT /GAC II	LES MILLS CORE II	BODYPUMP II		
17:15 18:00	S2	CICLO INDOOR III		CICLO INDOOR III		CICLO INDOOR III		
17:15 18:00	S3		LES MILLS CORE II	GRAVITY II	STEP II			
18:15 19:00	S1	LES MILLS CORE II	IOGA I	BODYCOMBAT III	IOGA	LES MILLS CORE II		
18:15 19:00	S2	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III		
18:15 19:00	S3	IBT /GAC II	STEP II	GLOBAL PILATES I	ZUMBA II	IOGA I		
18:15 19:00	HT		HARD TRAINING II		HARD TRAINING II			
19:00 19:45	P	WET INTERVAL II		WET INTERVAL II				
19:15 20:00	S1	ZUMBA II	IBT /GAC II	BODYPUMP II	AEROBIC AVANÇAT III	BODYPUMP II		
19:15 20:00	S2	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III			
19:15 20:00	S3	IOGA I	TAICHÍ I	STRONG NATION III	GLOBAL PILATES I			
19:15 20:00	HT	HARD TRAINING II						
19:30 19:45	SF	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'		
19:45 20:30	P	HARD WET III	WET COMBO I		WET INTERVAL II			
20:15 21:00	S1	BODYCOMBAT III	HARD CORE III	ZUMBA II	BODYPUMP II			
20:15 21:00	S2	CICLO INDOOR III						
20:15 21:00	S3	GLOBAL PILATES I		IOGA I				
20:15 20:45	S3		HIPOPRESSIUS 30'		BODYCOMBAT 30' III			
20:15 21:00	HT	FULLBODY II			HARD TRAINING II			
20:45 21:30	S3		TAC FIT		TAC FIT			
21:15 21:30	SF	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'	ABDOMINALS 15'		

S1 - Sala 1 S2 - Sala 2 P - Pavelló PP - Piscina Petita PG - Piscina Gran EXT - Exterior SF - Sala Fitness

 Cardiovascular  Tonicació  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.

CALENDARI VIRTUAL BIKE

DEL 2 D'ABRIL AL 30 DE JUNY DE 2024

INICI FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:05 7:55	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		
8:10 9:00	S2		VIRTUAL BIKE III		VIRTUAL BIKE III	VIRTUAL BIKE III		
9:10 10:00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
10:10 11:00	S2	VIRTUAL BIKE III		VIRTUAL BIKE III		VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
11:10 12:00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III
12:10 13:00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
13:10 14:00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
14:10 15:00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
15:10 16:00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
16:10 17:00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
17:10 18:00	S2		VIRTUAL BIKE III		VIRTUAL BIKE III		VIRTUAL BIKE III	
18:10 19:00	S2						VIRTUAL BIKE III	
19:10 20:00	S2					VIRTUAL BIKE III		
20:10 21:00	S2		VIRTUAL BIKE III		VIRTUAL BIKE III	VIRTUAL BIKE III		
21:10 22:00	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		
22:05 22:55	S2	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		

