

INICI	FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7.30	8.15	S1	VIRTUAL BIKE II		VIRTUAL BIKE II				
7.30	8.20	S2	ZUMBA III		ZUMBA III				
7.30	8.30	S1		CICLISME INDOOR III		CICLISME INDOOR III	CICLISME INDOOR III		
8.20	9.10	S3			HBX III				
8.30	9.20	S3		FITNESS SUAU I		FITNESS SUAU I			
8.30	9.20	S2	TONO II	ZUMBA III	CARDIO TONO III	ZUMBA III	TONO II		
8.45	9.30	S1	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II		
8.45	9.30	P	AQUAGYM II	AQUAGYM II	AQUAGYM II	AQUAGYM II			
9.00	11.00	EXT	** CAMINEM II	** CAMINEM II	** CAMINEM II	** CAMINEM II			
9.15	9.55	S3	FITNESS SUAU I		FITNESS SUAU I				
9.30	10.15	S1						VIRTUAL BIKE II	VIRTUAL BIKE II
9.30	10.20	S3					HBX III		
9.30	10.20	S2	ZUMBA III	BODYPUMP III		BODYPUMP III	ZUMBA III		
9.30	10.30	S3		*IOGA I		*IOGA I			
10.00	10.50	S2						BODYPUMP III	
10.00	11.00	S1	CICLISME INDOOR III		CICLISME INDOOR III		CICLISME INDOOR III		
10.15	11.00	P			FLOATFIT II				
10.30	11.15	S1		VIRTUAL BIKE II		VIRTUAL BIKE II			VIRTUAL BIKE II
10.30	11.20	S2	GAC II		GAC II				
10.45	11.45	S3/EXT		TAI CHI I		TAI CHI I			
10.45	11.45	S3	IOGA I		IOGA I				
11.00	12.00	S1						CICLISME INDOOR III	
12.00	12.45	P		IOGA FLOATING III	FLOATFIT II	IOGA FLOATING III			
12.15	13.00	S1	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II
13.15	14.00	S1	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II
14.15	15.00	S1	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II		
14.20	15.10	S2/EXT	HARD TRAINING III						
14.45	15.30	P		AQUAGYM II	FLOATFIT II	AQUAGYM II			
15.15	16.05	S2		BODYPUMP III		BODYPUMP III			
15.15	16.05	S3	HBX III		HBX III				
15.30	16.15	S1	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II		
16.30	17.20	S1		VIRTUAL BIKE II		VIRTUAL BIKE II	VIRTUAL BIKE II		
16.30	17.30	S2	PILATES II		PILATES II				
17.15	18.15	S3	*IOGA I		*IOGA I				
17.30	18.20	S2		AEROSTEP III		ZUMBA III			
18.00	18.50	S2	ZUMBA III		ZUMBA III		ZUMBA III		
18.00	19.00	S1	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II			
18.10	19.00	EXT	** GAC II		** GAC II				
18.30	19.20	S3	ESTIRA'T I		ESTIRA'T I				
18.30	19.20	S2		ZUMBA III		AEROSTEP III			
18.30	19.20	S1					CICLISME INDOOR III		
18.30	19.30	S3		*PILATES II		*PILATES II			
19.00	19.50	S2	CARDIO TONO III		BODYPUMP III		BODYPUMP III		
19.15	20.00	S1	VIRTUAL BIKE II		VIRTUAL BIKE II				
19.15	20.00	P	AQUAGYM II	AQUAGYM II	AQUAGYM II	AQUAGYM II	AQUAGYM II		
19.30	20.20	S3/EXT	BODYCOMBAT III		BODYCOMBAT III			HARD TRAINING III	
19.30	20.20	S1		CICLISME INDOOR III		CICLISME INDOOR III			
19.45	20.35	S2		BODYPUMP III		BODYPUMP III			
20.00	20.50	S2	BODYPUMP III		ZUMBA III				
20.15	21.00	S1	VIRTUAL BIKE II		VIRTUAL BIKE II		VIRTUAL BIKE II		
20.30	21.00	S3	HBX III		HBX III				
20.30	21.20	S3/EXT		HARD TRAINING III		HARD TRAINING III			
20.45	21.30	P		FLOATFIT II		FLOATFIT II			
21.15	22.00	S1	VIRTUAL BIKE II		VIRTUAL BIKE II		VIRTUAL BIKE II		

S1 - Sala 1

S2 - Sala 2

S3 - Sala 3

EXT - Exterior

P - Piscina

CARDIOVASCULAR

TONIFICACIÓ

COS I MENT

AQUÀTIQUES

COMBINADES

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, cal inscripció prèvia.

\*\* Activitat anulable en funció de la climatologia

