

CALENDARI ACTIVITATS DIRIGIDES

DEL 3 D'OCTUBRE AL 24 DE DESEMBRE DE 2022

INICI FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7.30 8.20	S1	VIRTUAL BIKE II	CICLISME INDOOR III	VIRTUAL BIKE II	CICLISME INDOOR III	CICLISME INDOOR III		
7.30 8.20	S2	ZUMBA III		ZUMBA III				
8.20 9.10	S3			HBX III				
8.30 9.20	S2	TONO II	ZUMBA III	CARDIO TONO III	ZUMBA III	TONO II		
8.30 9.20	S3		FITNESS SUAU I		FITNESS SUAU I			
8.45 9.35	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 10.20	S1						VIRTUAL BIKE II	VIRTUAL BIKE II
9.30 10.20	S2	ZUMBA III	BODYPUMP III		BODYPUMP III	ZUMBA III		
9.30 10.20	S3		IOGA I		IOGA I	HBX III		
10.00 10.50	S1	CICLISME INDOOR III		CICLISME INDOOR III		CICLISME INDOOR III		
10.00 10.50	S2						BODYPUMP III	
10.00 10.50	S3	PILATES II		PILATES II		PILATES II		
10.15 11.00	P			FLOATFIT II				
10.30 11.20	S1		VIRTUAL BIKE II		VIRTUAL BIKE II			VIRTUAL BIKE II
10.30 11.20	S2	GAC II		GAC II				
10.45 11.35	S3/EXT		TAI CHI I		TAI CHI I			
11.00 11.50	S1						CICLISME INDOOR III	
11.00 11.50	S3	IOGA I		IOGA I		IOGA I		
12.00 12.45	P		IOGA FLOATING III	FLOATFIT II	IOGA FLOATING III	FLOATFIT II		
12.15 13.05	S1	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II
13.15 14.05	S1	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II
14.15 15.05	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	FLOATFIT II	AQUAGYM II	FLOATFIT II	AQUAGYM II	IOGA FLOATING III		
15.15 16.05	S2		BODYPUMP III		BODYPUMP III			
15.15 16.05	S3	HBX III		HBX III				
15.30 16.20	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	VIRTUAL BIKE II	VIRTUAL BIKE II		
16.30 17.20	S2	PILATES II		PILATES II		PILATES II		
17.15 18.05	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		
18.10 19.00	EXT	* GAC II		* GAC II				
18.30 19.20	S1	CICLISME INDOOR III	CICLISME INDOOR III	CICLISME INDOOR III	CICLISME INDOOR III	CICLISME INDOOR III		
18.30 19.20	S2		ZUMBA III		AEROSTEP III			
18.30 19.20	S3	ESTIRA'T I	PILATES II	ESTIRA'T I	PILATES II	ESTIRA'T I		
19.00 19.50	S2	CARDIO TONO III		BODYPUMP III		BODYPUMP III		
19.15 20.00	P	AQUAGYM II	AQUAGYM II	AQUAGYM II	AQUAGYM II	AQUAGYM II		
19.30 20.20	S1	CICLISME INDOOR III	CICLISME INDOOR III	CICLISME INDOOR III	CICLISME INDOOR III			
19.30 20.20	S3/EXT	BODYCOMBAT III		BODYCOMBAT III		HARD TRAINING III		
19.30 20.20	S2		BODYPUMP III		BODYPUMP III			
20.00 20.50	S2	BODYPUMP III		ZUMBA III				
20.30 21.20	S1	CICLISME INDOOR III	VIRTUAL BIKE II	CICLISME INDOOR III	VIRTUAL BIKE II	VIRTUAL BIKE II		
20.30 21.20	S2/EXT		HARD TRAINING III		HARD TRAINING III			
20.30 21.20	S3	HBX III		HBX III				
20.45 21.30	P		FLOAT FIT II		FLOAT FIT II			
21.30 22.20	S1	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II	VIRTUAL BIKE II		

S1 - Sala 1

S2 - Sala 2

S3 - Sala 3

P - Piscina

EXT - Exterior

I - Baixa intensitat

II - Mitja intensitat

III - Alta intensitat

CARDIOVASCULAR

TONIFICACIÓ

COS I MENT

COMBINADES

AQUÀTIQUES