



poliesportiu
municipal
sanfeliu



CALENDARI ACTIVITATS DIRIGIDES DEL 10 D'ABRIL AL 2 DE JULIOL DE 2023

| INICI FINAL | ESPAI | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|---------------------------|-------|------------------|------------------|------------------|------------------|------------------|------------------|-----------------|
| FRANJA DESPERTADOR | | | | | | | | |
| 7:15 8:05 | S1 | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | | |
| 8:15 9:05 | S1 | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | |
| 8:15 9:05 | P | | WET GYM I (PG) | | WET GYM I (PG) | | | |
| 8:15 9:05 | S2 | | ZUMBA II | | LM CORE III | | | |
| 8:30 9:20 | S2 | BODY PUMP III | | IOGA II | | IBT II | | |
| 8:30 9:20 | P | | | | | WET COMBO I (PP) | | |
| 9:15 10:05 | S1 | | CICLO INDOOR III | | VIRTUALBIKE III | | | VIRTUALBIKE III |
| 9:15 10:05 | P | | WET GYM I (PP) | | WET GYM I (PP) | | | |
| 9:15 10:05 | S2 | | BODY PUMP III | | ZUMBA II | | | |
| FRANJA MATÍ | | | | | | | | |
| 9:30 10:20 | S2 | IBT III | | HIIT III | | BODY PUMP III | | |
| 9:30 10:20 | P | WET GYM I (PP) | | WET GYM I (PP) | | | | |
| 9:30 10:20 | PA | | | | | ZUMBA II | | |
| 9:30 10:20 | S1 | CICLO INDOOR III | | CICLO INDOOR III | | CICLO INDOOR III | CICLO INDOOR III | |
| 10:15 11:05 | S2 | | ESTIRAMENTS I | | IOGA II | | | |
| 10:15 11:05 | S1 | | | | CICLO INDOOR III | | | VIRTUALBIKE III |
| 10:15 11:05 | P | | WET GYM I (PP) | | WET GYM I (PP) | | | |
| 10:30 11:20 | P | WET GYM I (PG) | | WET GYM I (PG) | | WET GYM I (PG) | | |
| 10:30 11:20 | S2 | GENT GRAN I | | GENT GRAN I | | ESTIRAMENTS I | IBT III | |
| 10:30 11:20 | S1 | | | | | | VIRTUALBIKE III | |
| 10:30 11:20 | PA | | | ZUMBA II | | | | |
| 11:00 11:15 | SF | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | | |
| 11:15 12:05 | S2 | | PILATES I | | IBT III | | | |
| 11:30 12:20 | P | WET COMBO I (PP) | | WET GYM I (PP) | | | | |
| 11:30 12:20 | S2 | IOGA II | | ESTIRAMENTS I | | | PILATES I | |
| FRANJA MIGDIA | | | | | | | | |
| 12:30 13:20 | S1 | VIRTUALBIKE III | | VIRTUALBIKE III | | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III |
| 13:30 14:20 | S1 | | VIRTUALBIKE III | | VIRTUALBIKE III | | VIRTUALBIKE III | |
| 14:15 15:05 | S1 | VIRTUALBIKE III | | VIRTUALBIKE III | | CICLO INDOOR III | | |
| 14:15 15:05 | S2 | BODY PUMP III | BODY COMBAT III | HIIT III | BODY PUMP III | | | |
| 14:30 15:20 | S1 | | | | VIRTUALBIKE III | | VIRTUALBIKE III | |
| 15:15 16:05 | S1 | CICLO INDOOR III | VIRTUALBIKE III | VIRTUALBIKE III | | VIRTUALBIKE III | | |
| 15:30 16:20 | S1 | | | | | | VIRTUALBIKE III | |
| 15:15 16:05 | S2 | | BODY PUMP III | IBT II | PILATES I | BODY COMBAT III | | |
| 16:30 17:20 | S1 | | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | | VIRTUALBIKE III | |
| 16:30 17:20 | S2 | | IOGA II | | BODY PUMP III | | | |
| FRANJA TARDA | | | | | | | | |
| 17:00 17:50 | S1 | VIRTUALBIKE III | | | | VIRTUALBIKE III | | |
| 17:00 17:50 | S2 | IOGA II | | | | | | |
| 17:30 18:20 | S1 | | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | | VIRTUALBIKE III | |
| 17:30 18:20 | S2 | | ZUMBA II | BODY PUMP III | ZUMBA II | | | |
| 18:00 18:50 | S1 | CICLO INDOOR III | | | | CICLO INDOOR III | | |
| 18:00 18:50 | S2 | BODY PUMP III | | | | ZUMBA II | | |
| 18:15 19:05 | EXT | | HARD TRAINING II | | HARD TRAINING II | | | |
| 18:30 19:20 | S2 | | BODY PUMP III | ZUMBA II | PILATES I | | | |
| 18:30 19:20 | S1 | | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | | VIRTUALBIKE III | |
| 18:30 18:45 | SF | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | ABDOMINALS 15' I | | |
| 19:00 19:50 | S2 | BODY COMBAT III | | | | BODY PUMP III | | |
| 19:00 19:50 | S1 | CICLO INDOOR III | | | | VIRTUALBIKE III | | |
| 19:15 20:05 | P | | WET GYM I (PG) | | WET GYM I (PP) | | | |
| 19:30 20:20 | P | WET GYM I (PP) | | WET COMBO I (PP) | | | | |
| 19:30 20:20 | S2 | | PILATES I | HIIT III | BODY COMBAT III | | | |
| 19:30 20:20 | S1 | | CICLO INDOOR III | | CICLO INDOOR III | | | |
| FRANJA NIT | | | | | | | | |
| 20:00 20:50 | S2 | ZUMBA II | | | | | | |
| 20:30 21:20 | S2 | | | BODY PUMP III | | | | |
| 20:30 21:20 | S1 | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | VIRTUALBIKE III | | |

S1 - Sala 1
S2 - Sala 2
PA - Pavelló
P - Piscina
EXT - Exterior
SF - Sala Fitness

Cardiovascular
 Tonificació
 Cos i ment
 Aquàtiques

I - Baixa intensitat
II - Mitja intensitat
III - Alta intensitat

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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.



Ajuntament de L'Hospitalet