



poliesportiu  
municipal  
gornal

# CALENDARI ACTIVITATS DIRIGIDES

## DEL 9 GENER AL 2 DE ABRIL DE 2023

INICI FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:30 8:20	S1	FIT SUAU I		ESTIRAMENTS I				
7:30 8:20	S3		VIRTUAL BIKE III		VIRTUAL BIKE III	VIRTUAL BIKE III		
7:30 8:20	P		WET GYMI		WET GYM I			
8:30 9:20	S1	GLOBAL PILATES I	ESTIRAMENTS I	FIT SUAU I	ESTIRAMENTS I			
8:30 9:20	S2	SENIOR FIT I	HARD TRAINING III		HARD TRAINING III	SENIOR FIT I		
8:30 9:20	S3	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
8:30 9:15	P					WET GYM I		
9:30 10:20	S1	ZUMBA II	BODY COMBAT III	ESTIRAMENTS I	BODY PUMP II	ZUMBA II	BODY PUMP II	
9:30 10:20	S3	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III
9:30 10:20	P	WET GYM I	WET GYM I	WET COMBO II	WET GYM I			
10:00 10:15	SF	ABD I	ABD I	ABD I	ABD I	ABD I		
10:30 11:20	S1	BODY PUMP II	BODY BALANCE I	ZUMBA II	GLOBAL PILATES I	GAC II		
10:30 11:20	S2	HARD TRAINING III		HARD TRAINING III				
10:30 11:20	S3	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III
10:30 11:20	P	WET COMBO II	WET COMBO II	WET GYM I				
11:30 12:20	S1		GLOBAL PILATES I					
11:30 12:20	S3	VIRTUAL BIKE III				VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III
12:30 13:20	S3							VIRTUAL BIKE III
14:00 14:15	SF	ABD I	ABD I	ABD I	ABD I	ABD I		
14:15 15:05	S2	HARD TRAINING III	HARD TRAINING III		HARD TRAINING III			
14:15 15:05	S3		VIRTUAL BIKE III	CICLO INDOOR III		VIRTUAL BIKE III		
15:15 16:05	S3		VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III	
15:15 16:05	S1		GAC II		ZUMBA II			
15:30 16:20	S1	BODY COMBAT III		BODY BALANCE I		BODY PUMP II		
16:00 16:45	P	WET GYM I	WET GYM I	WET GYM I	WET GYM I	WET GYM I		
17:00 17:50	S1	BODY PUMP II	BODY BALANCE I	BODY PUMP II	ZUMBA II	GAC II		
17:00 17:50	S2			GLOBAL PILATES I		HARD TRAINING III		
17:00 17:50	S3		VIRTUAL BIKE III		VIRTUAL BIKE III		VIRTUAL BIKE III	
18:00 18:50	S1	ZUMBA II	GAC II	BODY COMBAT III	BODY BALANCE I	ZUMBA II		
18:00 18:50	S2			HARD TRAINING III				
18:00 18:50	S3	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III	
18:30 19:20	S2	HARD TRAINING III						
18:30 18:45	SF	ABD I	ABD I	ABD I	ABD I	ABD I		
19:00 19:50	S1	BODY COMBAT III	ZUMBA II	BODY PUMP II	AERÓBIC II	GLOBAL PILATES I		
19:00 19:50	S2		HARD TRAINING III	GAC II	HARD TRAINING III			
19:00 19:50	S3	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III		
19:00 19:50	P	WET COMBO II		WET COMBO II				
20:00 20:50	P				WET COMBO II			
20:00 20:50	S1	GAC II	BODY PUMP II	ZUMBA II	GLOBAL PILATES I			
20:00 20:50	S3	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		



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S1 - Sala 1

S2 - Sala 2

S3 - Sala 3

EXT - Exterior

SF - Sala Fitness

P - Piscina

I - Baixa intensitat

II - Mitja intensitat

III - Alta intensitat

Cardiovascular

Tonificació

Cos i ment

Aquàtiques

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.

**l'ESPORT**  
és **SALUT**



Ajuntament de L'Hospitalet