



INICI - FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
FRANJA DESPERTADOR								
7.30 - 8.20	S1	FIT SUAU I		ESTIRAMENTS I				
7.30 - 8.20	S3		CICLO INDOOR III		VIRTUAL BIKE III	VIRTUAL BIKE III		
7.30 - 8.20	P		WET GYM I		WET GYM I			
8.30 - 9.20	S1	GLOBAL PILATES I	ESTIRAMENTS I	FIT SUAU I	ESTIRAMENTS I			
8.30 - 9.20	S2		HARD TRAINING III					
8.30 - 9.20	S3	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	
8.30 - 9.15	P				WET HARD III	WET GYM I		
FRANJA MATÍ								
9.30 - 10.20	S1	ZUMBA II	BODY PUMP II	ESTIRAMENTS I	BODY COMBAT I	ZUMBA II		
9.30 - 10.20	S3	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	VIRTUAL BIKE III
9.30 - 10.20	P	WET COMBO II	WET GYM I	WET COMBO II	WET GYM I			
10.30 - 11.20	S1	BODY PUMP II	GLOBAL PILATES I	ZUMBA II	BODY BALANCE I	GAC II	BODY PUMP II	
10.30 - 11.20	S2			HARD TRAINING III				
10.30 - 11.20	S3	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III
10.30 - 11.20	P	WET GYM I	WET COMBO II	WET GYM I				
11.30 - 12.20	S1		ZUMBA II		GLOBAL PILATES I			
11.30 - 12.20	S3	VIRTUAL BIKE III		VIRTUAL BIKE III		VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III
FRANJA MIG DIA								
12.30 - 13.20	S3						VIRTUAL BIKE III	VIRTUAL BIKE III
14.15 - 15.05	S2		HARD TRAINING III		HARD TRAINING III			
14.15 - 15.05	S3		VIRTUAL BIKE III	CICLO INDOOR III		VIRTUAL BIKE III		
15.15 - 16.05	EXT	GAC II	BODY COMBAT III	BODY BALANCE I	ZUMBA II			
15.15 - 16.05	S3		VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		VIRTUAL BIKE III	
16.00 - 16.45	P	WET GYM I	WET GYM I	WET GYM I	WET GYM I			
16.10 - 17.00	S2	HARD TRAINING III						
FRANJA TARDA								
17.00 - 17.50	S1	BODY PUMP II	BODY BALANCE I	GAC II	ZUMBA II	BODY PUMP II		
17.15 - 18.05	S3		VIRTUAL BIKE III		VIRTUAL BIKE III		VIRTUAL BIKE III	
18.00 - 18.50	S1	ZUMBA II	GAC II	BODY PUMP II	BODY BALANCE I	ZUMBA II		
18.00 - 18.50	S3					CICLO INDOOR III		
18.15 - 19.05	S3	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III		VIRTUAL BIKE III	
18.15 - 19.05	EXT	HARD TRAINING III		HARD TRAINING III				
19.00 - 19.50	S1	BODY COMBAT III	AERÓBIC II	ZUMBA II	GAC II	GLOBAL PILATES I		
19.15 - 20.05	S3	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	CICLO INDOOR III	VIRTUAL BIKE III		
19.15 - 20.05	P	WET COMBO II		WET HARD III				
19.15 - 20.05	EXT		HARD TRAINING III		HARD TRAINING III			
20.00 - 20.50	P		WET GYM I		WET COMBO II			
FRANJA NIT								
20.00 - 20.50	S1	ZUMBA II	BODY PUMP II	AERÓBIC II	GLOBAL PILATES I			
20.15 - 21.05	S3	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III	CICLO INDOOR III	VIRTUAL BIKE III		
20.15 - 21.05	EXT	HARD TRAINING III		HARD TRAINING III				

S 1 - Sala 1

S 2 - Sala 2

S 3 - Sala 3

P - Piscina

EXT - Exterior

CARDIOVASCULAR

TONIFICACIÓ

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.

