poliesportiu municipal gornal

CALENDARI ACTIVITATS DIRIGIDES

DEL 28 DE SETEMBRE AL 20 DE DESEMBRE DE 2026

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 GYM I		WET GYM I			
8:30	9:20	S1	GLOBAL PILATES I	ESTIRAMENTS I	FIT SUAU I	SENIOR DANCE I	SENIOR FIT I		
8:30	9:20	S2	SENIOR FIT I	HARD TRAINING III		ESTIRAMENTS I			
8:30	9:15	P				WET HARD III			
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		
8:40	10:30	P			WET COMBO II				
9:30	10:20	S1	ZUMBA II	BODY PUMP II	ESTIRAMENTS I	BODY PUMP II	ZUMBA II	TBC 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			
9:40	10:30	P	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	GLOBAL PILATES I	ZUMBA II	BODY COMBAT III	GAC II		
10:30	11:20	S2	HARD TRAINING III		HARD TRAINING III	HARD TRAINING III			
10:30	10:55	S2							
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					
10:40	11:30	P	WET COMBO II		WET GYM I				
11:30	12:20	S1		POSTURAL I		GLOBAL PILATES I			
11:30	11:55	S1	ESTIRAMENTS I						
11:30	11:55	S2		TRX III					
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	HARD TRAINING III			
14:15	15:05	S3		VIRTUAL BIKE 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	15:55	S1	GLUTIS EXPRES II						
15:30	16:20	S1			GLOBAL PILATES 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	TBC 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	
17:30	17:55	S2	TABATA III	GLUTIS EXPRES II		GLUTIS EXPRES II			
18:00	18:50	S1	ZUMBA II	GAC II	GLOBAL PILATES I	BODY BALANCE I	ZUMBA II		
18:00	18:50	S2	HARD TRAINING III		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	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	WET COMBO II				
19:05	19:55	EXT	HYBRID RUN III						
20:00	20:45	P		WET HARD III					
20:00	20:50	S2	HARD TRAINING III		HARD TRAINING III				
20:00	20:50	P				WET COMBO II			
20:00	20:50	S1	GLOBAL PILATES I	BODY PUMP II	ZUMBA II	GAC II			
20:00	20:50	S3	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III	VIRTUAL BIKE III		

S1 - Sala 1 **S2 - Sala 2** **S3 - Sala 3** **P - Piscina** **EXT - Exterior** **SF - Sala Fitness**

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.

*Aquestes activitats no estàn incloses a la quota d'abonament i necessiten inscripció prèvia.

www.poliesportius.l-h.cat

L'ESPORT és SALUT

Ajuntament de L'Hospitalet