Marcel·lí Maneja
poliesportiu municipal del centre

# CALENDARI ACTIVITATS DIRIGIDES

## DEL 28 DE SEPTEMBRE AL 20 DE DESEMBRE

| INICI | FINAL | ESPAI | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|---|---|---|---|---|---|---|---|---|---|
| 7:15 | 8:00 | P | | WET GYM I | | | WET GYM I | | |
| 7:15 | 8:00 | S1 | | IBT /GAC II | | BODYPUMP II | | | |
| 8:15 | 9:00 | S2 | CICLO INDOOR III | | CICLO INDOOR III | | | | |
| 8:15 | 9:00 | P | WET INTERVAL II | WET INTERVAL II | WET COMBO I | WET INTERVAL II | WET COMBO I | | |
| 8:15 | 9:00 | S1 | | | | IOGA I | | | |
| 9:30 | 12:00 | EXT | | | NORDIC WALKING II | | NORDIC INICIACIÓN | | |
| 9:15 | 10:00 | PV | ZUMBA II | | | ZUMBA II | | | |
| 9:15 | 10:00 | S1 | BODYCOMBAT III | LES MILLS CORE II | BODYPUMP II | IBT II | LES MILLS CORE II | GLOBAL PILATES I | |
| 9:15 | 10:00 | S3 | GRAVITY II | TABATA+EST III | HIPOPRESSIUS I | GLOBAL PILATES I | | | |
| 9:15 | 10:00 | P | WET INTERVAL II | | WET INTERVAL II | WET COMBO I | | | |
| 9:30 | 9:45 | SF | | | | | | ABDOMINALS 15´ | ABDOMINALS 15´ |
| 10:15 | 11:00 | PV | GENT GRAN I | GENT GRAN I | GENT GRAN I | GENT GRAN I | | | |
| 10:15 | 11:00 | S1 | IOGA I | | | | BODYPUMP II | PUMP + IBT | |
| 10:15 | 11:00 | S2 | | CICLO INDOOR III | | CICLO INDOOR III | | | |
| 10:15 | 11:00 | S3 | GRAVITY II | | GRAVITY II | | | | |
| 10:15 | 11:00 | P | | WET GYM I | | | | | |
| 11:15 | 11:45 | S1 | HIPOPRESSIUS 30´ | | | | | | |
| 11:15 | 12:00 | S1 | | IOGA I | GLOBAL PILATES I | | GENT GRAN I | | |
| 11:15 | 12:00 | S2 | | | | | | CICLO INDOOR III | |
| 12:30 | 12:45 | SF | | | | | | ABDOMINALS 15´ | ABDOMINALS 15´ |
| 12:30 | 13:15 | P | WET GYM I | WET INTERVAL II | WET INTERVAL II | WET GYM I | | | |
| 13:30 | 14:15 | S1 | BODYPUMP II | | | LES MILLS CORE II | | | |
| 13:30 | 14:15 | P | | HARD WET III | | | | | |
| 13:30 | 14:15 | S2 | | | GRAVITY II | | | | |
| 14:15 | 15:00 | S1 | | ZUMBA II | | ZUMBA II | IOGA I | | |
| 15:15 | 16:00 | S1 | GLOBAL PILATES I | BODYCOMBAT III | IBT II | BODYPUMP II | ZUMBA II | | |
| 16:00 | 16:45 | P | WET GYM I | WET INTERVAL II | WET INTERVAL II | WET COMBO I | WET GYM I | | |
| 16:15 | 17:00 | S1 | TABATA+CORE III | BODYPUMP II | LES MILLS CORE II | BODYCOMBAT III | GLOBAL PILATES I | | |
| 17:15 | 18:00 | S1 | BODYPUMP II | ZUMBA II | FULLBODY II | LES MILLS CORE II | BODYPUMP II | | |
| 17:15 | 18:00 | S2 | CICLO INDOOR III | | CICLO INDOOR III | | CICLO INDOOR III | | |
| 17:15 | 18:00 | S3 | | LES MILLS CORE II | GRAVITY II | GRAVITY II | GLOBAL PILATES I | | |
| 18:15 | 19:00 | S1 | LES MILLS CORE II | IOGA I | BODYCOMBAT III | IOGA | LES MILLS CORE II | | |
| 18:15 | 19:00 | S2 | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | | |
| 18:15 | 19:00 | S3 | IBT /GAC II | CARDIO/TONO | GLOBAL PILATES I | GRAVITY II | IOGA I | | |
| 18:15 | 19:00 | HT | | HARD TRAINING II | | HARD TRAINING II | | | |
| 19:15 | 20:00 | P | WET INTERVAL II | | WET INTERVAL II | | | | |
| 19:15 | 20:00 | S1 | ZUMBA II | IBT /GAC II | BODYPUMP II | GLOBAL PILATES I | | | |
| 19:15 | 20:00 | S2 | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | CICLO INDOOR III | | | |
| 19:15 | 20:00 | S3 | IOGA I | TAICHÍ | TABATA+CORE III | IBT /GAC II | BODYCOMBAT III | | |
| 19:15 | 20:00 | HT | HARD TRAINING II | | | | | | |
| 19:15 | 20:00 | S1 | | | | | ZUMBA II | | |
| 19:45 | 20:30 | P | | WET COMBO I | | WET INTERVAL II | | | |
| 20:15 | 21:00 | S1 | BODYCOMBAT III | HARD CORE III | ZUMBA II | FULLBODY II | | | |
| 20:15 | 21:00 | P | HARD WET III | | HARD WET III | | | | |
| 20:15 | 21:00 | S2 | CICLO INDOOR III | | | | | | |
| 20:15 | 21:00 | S3 | GLOBAL PILATES I | | IOGA I | | | | |
| 20:15 | 20:45 | S3 | | HIPOPRESSIUS 30´ | | HIPOPRESSIUS 30´ | | | |
| 20:15 | 21:00 | HT | FULLBODY II | | | HARD TRAINING II | | | |

S1 - Sala 1 S2 - Sala 2 P - Pavelló PP - Piscina Petita PG - Piscina Gran EXT - Exterior SF - Sala Fitness

Cardiovascular Tonificació Cos i ment Aquàtiques

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

La Direcció podrà, quan ho consideri oportú per necessitas del servei, modificar el nombre i l'ordre de les sessions, el contingut, els horaris i els tècnics que les imparteixen.

www.poliesportius.l-h.cat

L'ESPORT és SALUT

Ajuntament de L'Hospitalet

Marcel·lí Maneja
poliesportiu
municipal
del centre

# CALENDARI VIRTUAL BIKE

## DEL 28 DE SEPTEMBRE AL 20 DE DESEMBRE

| INICI FINAL | ESPAI | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|---|---|---|---|---|---|---|---|---|
| 7:05 7:55 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | | |
| 8:10 9:00 | S2 | | VIRTUAL BIKE III | | VIRTUAL BIKE III | VIRTUAL BIKE III | | |
| 9:10 10:00 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III |
| 10:10 11:00 | S2 | VIRTUAL BIKE III | | VIRTUAL BIKE III | | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III |
| 11:10 12:00 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | | VIRTUAL BIKE III |
| 12:10 13:00 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III |
| 13:10 14:00 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III |
| 14:10 15:00 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | |
| 15:10 16:00 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | |
| 16:10 17:00 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | |
| 17:10 18:00 | S2 | | VIRTUAL BIKE III | | VIRTUAL BIKE III | | VIRTUAL BIKE III | |
| 18:10 19:00 | S2 | | | | | | VIRTUAL BIKE III | |
| 19:10 20:00 | S2 | | | | | VIRTUAL BIKE III | | |
| 20:10 21:00 | S2 | | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | | |
| 21:10 22:00 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | | |
| 22:05 22:55 | S2 | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | VIRTUAL BIKE III | | |

S1 - Sala 1 S2 - Sala 2 P - Pavelló PP - Piscina Petita PG - Piscina Gran EXT - Exterior SF - Sala Fitness

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