

ACTIVITATS DIRIGIDES

Des del 17 d'abril

Intensitat Baixa* Intensitat Mitja** Intensitat Alta***

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORA	DISSABTE
7:00 H		INTERVAL *** Sala 1 - 14 places					
8:00 H	PILATES ** Sala 1 - 18 places	GLOBAL FIT * Sala 1 - 18 places		GLOBAL STRETCH * Sala 1 - 18 places	GLOBAL FIT * Sala 1 - 18 places	9:15 H	AIGUAGYM * Piscina - 28 places
9:15 H	AIGUAGYM * Piscina - 28 places	BODY GYM *** Sala 1 - 14 places	IOGA * Sala 1 - 18 places	9:10H - PILATES ** Sala 1 - 18 places	TONO ** Sala 1 - 14 places	10:15 H	INTERVAL *** Sala 1 - 14 places
			AIGUAGYM * Piscina - 28 places				
10:15 H	INTERVAL *** Sala 1 - 14 places	AIGUAGYM * Piscina - 28 places	ZUMBA ** Sala 1 - 16 places	10:00H BODY GYM *** Sala 1 - 14 places	AIGUAGYM * Piscina - 28 places		
				10:00H - AIGUAGYM * Piscina - 28 places			
11:15 H	HIPOPRESSIUS * Sala 1 - 18 places		PILATES ** Sala 1 - 18 places	11:00H - PRE-PART Piscina - 12 places	ZUMBA ** Sala 1 - 16 places		
15:15 H	TONO ** Sala 1 - 14 places	PILATES ** Sala 1 - 18 places	INTERVAL *** Sala 1 - 14 places	ZUMBA ** Sala 1 - 16 places	BODY GYM *** Sala 1 - 14 places		
		AIGUAGYM * Piscina - 18 places					
16:10 H	PILATES ** Sala 1 - 18 places		GAC 30 MINUTS ** Sala 1 - 16 places				
17:00 H	IOGA RESTAURATIU * Sala 1 - 18 places	PILATES ** Sala 1 - 18 places	BODY GYM *** Sala 1 - 14 places	STEP ** Sala 1 - 16 places	TONO ** Sala 1 - 14 places		
18:00 H	GLOBAL FIT * Sala 1 - 18 places	GLOBAL STRETCH * Sala 1 - 18 places	PILATES ** Sala 1 - 18 places	GLOBAL FIT * Sala 1 - 18 places	HATHA IOGA ** Sala 1 - 18 places		
	BODY GYM *** Pista Exterior - 18 places	ZUMBA ** Pista Exterior - 22 places	ENTRENAMENT FORÇA *** Pista Exterior - 18 places	INTERVAL *** Pista Exterior - 18 places	CARDIOBOX *** Pista Exterior - 22 places		
19:00 H	PILATES ** Sala 1 - 18 places	PILATES ** Sala 1 - 18 places	CARDIOBOX *** Sala 1 - 18 places	HIPOPRESSIUS * Sala 1 - 18 places	PILATES ** Sala 1 - 18 places		
	CYCLING *** Pista Exterior - 15 places	STEP ** Pista Exterior - 18 places	AQUAFIT ** Piscina - 18 places	ZUMBA ** Pista Exterior - 22 places			
20:00 H	ZUMBA ** Pista Exterior - 22 places	BODY GYM *** Pista Exterior - 18 places	IOGA VINYASA + MEDITACIÓ ** Sala 1 - 18 places (1,5h)	19:45H - GAC 30 MINUTS ** Pista Exterior - 18 places			
			INTERVAL *** Pista Exterior - 18 places				