

ACTIVITATS DIRIGIDES

A partir del 9 de gener

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
10:15 H	INTERVAL *** Sala 1 - 14 places	AIGUAGYM * Piscina - 28 places	AIGUAGYM * Piscina - 28 places	ZUMBA ** Sala 1 - 16 places	10:00H AIGUAGYM * Piscina - 28 places		AIGUAGYM * Piscina - 28 places
11:15 H	ZUMBA ** Sala 1 - 16 places		PILATES ** Sala 1 - 18 places	HIPOPRESSIUS * Sala 1 - 18 places			
15:20 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		
16:15 H	PILATES ** Sala 1 - 18 places	AIGUAGYM * Piscina - 18 places					
17:00 H	IOGA RESTAURATIU * Sala 1 - 18 places	INTERVAL *** Sala 1 - 14 places	PILATES ** Sala 1 - 18 places	STEP ** Sala 1 - 16 places	TONO ** Sala 1 - 14 places		
18:00 H	BODY GYM *** Sala 1 - 14 places	ZUMBA ** Sala 1 - 16 places	ENTRENAMENT FORÇA *** Sala 1 - 12 places	PILATES ** Sala 1 - 18 places	CARDIOBOX *** Sala 1 - 16 places		
	GLOBAL FIT * Sala 3 - 8 places	HIPOPRESSIUS * Sala 3 - 8 places	CYCLING *** Sala 3 - 10 places	TONO ** Sala 3 - 8 places			
19:00 H	PILATES ** Sala 1 - 18 places	STEP ** Sala 1 - 16 places	PILATES ** Sala 1 - 18 places	ZUMBA ** Sala 1 - 16 places	PILATES ** Sala 1 - 18 places		
	CYCLING *** Sala 3 - 10 places	GLOBAL STRETCH * Sala 3 - 8 places	AQUAFIT ** Piscina - 18 places	INTERVAL *** Sala 3 - 8 places			
20:00 H	ZUMBA ** Sala 1 - 16 places	BODY GYM *** Sala 1 - 14 places	IOGA HATHA-VINYASA ** Sala 1 - 18 places	GAC 30 MINUTS ** Sala 1 - 16 places			
			GAC 30 MINUTS ** Sala 3 - 8 places				
21:00 H	TONO ** Sala 1 - 14 places		BODY GYM *** Sala 1 - 14 places				