

**GRAELLA D'ACTIVITATS DIRIGIDES**
**INICI: DIJOUS 04 D'OCTUBRE DE 2018**

HORA	DILLUNS				DIMARTS				DIMECRES			
	Sala AADD	Sala poliv	Sala bike	Sala	Sala AADD	Sala poliv	Sala bike	Sala	Sala AADD	Sala poliv	Sala bike	Sala
7:00 (55') 7:55	7:00 - 7:55 PILATES Alejandra				7:00 - 7:55 ESTIRAMENT Manel				7:00 - 7:55 CARD CIRC Manel			
8:10 (55') 9:05	8:10 - 9:05 TRAINING C Manel		8:10 - 9:05 BIKE Alejandra	8:10-10:10	8:10 - 9:05 ZUMBA Jezabel	8:10 - 9:05 MANTENIM Manel			8:10 - 9:05 PILATES Alejandra			8:00-9:15 MANEL
9:15 (55') 10:10	9:15 - 10:10 ZUMBA Alejandra	9:15 - 10:10 MANTENIM Manel		PACO	9:15-10:10 ZUMBA Jezabel	9:15 - 10:10 HIOPRES Marc	9:15-10:10 BIKE Paco	9:15-14:00	9:15 - 10:10 MANTENIM Manel		9:15 - 10:10 BIKE Alejandra	10:00-14:00
10:15 (55') 11:10	10:15-11:10 GAC Alejandra	10:15-10:45 ABD 30' Paco		10:15-13:55	10:15-11:10 TBC Paco	10:15-11:10 PILATES Marc		MANEL	10:15-11:10 ZUMBA Alejandra		10:15-12:10 Manteniment sala bike	AINA
11:15 (55') 12:10	11:15-12:10 HIPROPRES Alejandra			MANEL (3:45)		11:15-12:10 IOGA Marc		(4:45) (o PF)	11:15-12:10 HIPROPRES Alejandra		Preparació classes PACO	(4:00) (o PF)
12:15 (30') 12:45				(o PF)		12:15-12:45 HIP Nivell alt Exp Marc						
12:45 (1:15) 14:00												

HORA	Sala AADD	Sala poliv	Sala bike	Sala	Sala AADD	Sala poliv	Sala bike	Sala	Sala AADD	Sala poliv	Sala bike	Sala
15:15 (30') 15:45	15:15-15:45 ESTIR Exp Manel (30')			15:30-16:30				15:15-17:30	15:15-15:45 ESTIR Exp Manel (30')			15:30-16:30
15:45 (45') 16:30	15:45-16:30 MANTENIM Manel (45')			AINA (1:00)	15:45-16:30 ESTIRAMEN Aina			PACO (2:15) (o PF)	15:45-16:30 MANTENIM Manel (45')			AINA (1:00)
16:30 (55') 17:25	16:30-17:25 POW PUMP Aina			16:30-17:45 (1:15)	16:30-17:25 MANTENIM Aina				16:30-17:25 POW PUMP Aina			16:30-17:45 (1:15)
17:30 (55') 18:25	17:30-18:25 GAC Davinia		17:45-18:30 CARD BOX Paco	MANEL	17:30-18:25 POW PUMP Aina	17:30-19:00 BOXA (1:30) Àfrica	17:30-18:00 ABD Exp Paco 18:00-19:30	17:30-18:25 DAVINIA	17:30 18:25 THERABAN Davinia	17:30-18:25 IOGA Marc	17:45-18:30 CARD HIIT Paco	MANEL
18:30 (55') 19:25	18:30-19:25 TONO Davinia		18:30-19:25 BIKE Paco		18:30-19:25 THERABAN Davinia	19:00-19:45 BOXA (45') Àfrica	RETO BIKE (1:30) Paco 19:30-20:25	18:30-20:45	18:30-19:25 TONO Davinia	18:30-19:25 HIOPRES Marc	18:30-19:25 BIKE Paco	18:50-19:30 MANEL
19:30 (55') 20:25	19:30-20:25 CARD HIIT Davinia	19:30- 20:25 CAPOEIRA Anderson	19:30-20:25 BIKE Paco		19:30-20:25 CARD HIIT Davinia		BIKE Paco	AINA (o PF)	19:30-20:25 GAC Davinia	19:30- 20:25 CAPOEIRA Anderson	19:30-20:25 BIKE Paco	
20:30 (55') 21:25	20:30-21:25 PILATES Davinia			20:30-21:00 (30') PACO	20:30- 21:25 EST-RELAX Davinia				20:30-21:25 PILATES Davinia			20:30-21:00 (30') PACO

**GRAELLA D'ACTIVITATS DIRIGIDES**
**INICI: DIJOUS 04 D'OCTUBRE DE 2018**

HORA	DIJOUS				DIVENDRES				DISSABTE				
	Sala AADD	Sala poliv	Sala bike	Sala	Sala AADD	Sala poliv	Sala bike	Sala	Sala AADD	Sala bike	Exterior	Sala	
7:00 (55') 7:55	7:00 - 7:55 ESTIRAMENT Manel				7:00 - 7:55 ZUMBA Alejandra								
8:10 (55') 9:05	8:10 - 9:15 MANTENIM Manel			9:00-9:15 MARC			8:10 - 9:05 BIKE Alejandra	8:10-10:10			8:30 - 12:00		
9:15 (55') 10:10	9:15-10:10 GAC Davinia	9:15-10:10 PILATES Marc		9:15-14:00  (4:45)  MANEL (o PF)	9:15 - 10:10 PILATES Alejandra			DAVINIA	9:15-10:00 TBC		RUNNING  (3:30)  Manel	10:00-14:00  AINA (4:00) (o PF)	
10:15 (55') 11:10	10:15-11:10 PILATES Davinia	10:15-11:10 HIPOPRES Marc	10:15-11:10 BIKE Paco		10:15-11:10 THERABAN Davinia			10:15-13:00	10:00-11:00	10:15-11:45			
11:15 (55') 12:10	11:15-12:10 EST-RELAX Davinia	11:15-12:10 TBC Paco			11:15-12:10 PILATES Davinia			PACO (2:45)	11:15-12:10 POW PUMP Aina	ESPEC BIKE (1:30) Paco			11:45-13:00
12:15 (30') 12:45	12:15-12:45 Exp ADB 30' Davinia				12:15-12:45 EST-RELAX Exp Davinia			(o PF)		Manteniment sala bike PACO			
12:45 (1:15) 14:00													

HORA	Sala AADD	Sala poliv	Sala bike	Sala	Sala AADD	Sala poliv	Sala bike	Sala
15:15 (30') 15:45	15:15-15:45 ESTIR Exp Aina (30')			15:15-17:45  PACO	15:15-15:45 ESTIRAMEN Paco (30')			15:30-16:30
15:45 (45') 16:30	15:45-16:30 MANTENIM Aina (45')			(2:30)	15:45-16:30 MANTENIM Paco (45')			AINA (1:00)
16:30 (55') 17:25	16:30-17:25 POW PUMP Aina			(o PF)	16:30-17:25 POW PUMP Aina	17:00-17:30 HIP Nivell alt Exp Marc		16:30-17:45 PACO (1:15)
17:30 (55') 18:25	17:30-18:25 ZUMBA Jezabel	17:30-19:00 BOXA (1:30) Àfrica	17:45-18:30 CARD BOX Paco		17:30-18:25 ZUMBA Jezabel	17:30-18:25 Ioga-pilates Marc	17:45-18:30 CARD HIIT Paco	
18:30 (55') 19:25	18:30-19:25 ZUMBA Jezabel	19:00-19:45 BOXA (45') Àfrica	18:30-20:00  RETO BIKE (1:30) Paco	19:00-19:30 AINA	18:30-19:25 ZUMBA Jezabel	18:30-19:25 HIPOPRES Marc	18:30-19:25 BIKE Paco	
19:30 (55') 20:25	19:30-20:25 POW PUMP Aina			20:00-21:00 (1:00) PACO	19:30-20:25 POW PUMP Aina	19:30-20:25 CAPOEIRA Anderson	19:30-20:25 BIKE Paco	
20:30 (55') 21:25								20:30-21:00 (30') PACO

**Cada 15 dies:**

- a) TBC i Especial Bike
- b) Power pump