

HORARIS ACTIVITATS DIRIGIDES

DESEMBRE 2018

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
07:00h. PILATES	07:00h. ESTIRAMENTS	07:00h. CARDIO CIRCUIT	07:00h. ESTIRAMENTS	07:00h. ZUMBA	
08:10h. TRAINING CIRCUIT	08:10h. ZUMBA	08:10h. PILATES	08:10h. MANTENIMENT	08:10h. BIKE	
08:10h. BIKE	08:10h. MANTENIMENT				
09:15h. ZUMBA	09:15h. ZUMBA	09:15h. MANTENIMENT	09:15h. GAC	09:15h. PILATES	09:15h. - 10:00h. TBC Exprés (1)
09:15h. MANTENIMENT	09:15h. HIPOPRESSIUS	09:15h. BIKE	09:15h. PILATES		09:15h. - 11:15h. RUNNING
	09:15h. BIKE				
10:15h. GAC	10:15h. TBC	10:15h. TONO	10:15h. THERABAN	10:15h. GAC	10:15h.-11:45h. ESPECIAL BIKE (1)
10:15h. - 10:45h. ABDOMIN Exprés	10:15h. PILATES		10:15h. HIPOPRESSIUS		
			10:15h. BIKE		
11:15h. HIPOPRESSIUS	11:15h. IOGA	11:15h. HIPOPRESSIUS	11:15h. TBC	11:15h. THERABAN	11:15h. POWER PUMP (2)
			11:15h. ESTIRAM-RELAX		
	12:15h. - 12:45h. HIPOPR Nivell Alt		12:15h. - 12:45h. ABDOMIN Exprés	12:15h. - 12:45h. ESTIRAM-RELAX Exp	
15:15h. - 15:45h. ESTIRAM Exprés		15:15h. - 15:45h. ESTIRAM Exprés	15:15h. - 15:45h. ESTIRAM Exprés	15:15h. - 15:45h. ESTIRAM Exprés	
15:45h. - 16:30h. MANTENIM Exprés	15:45h. - 16:30h. ESTIRAM Exprés	15:45h. - 16:30h. MANTENIM Exprés	15:45h. - 16:30h. MANTENIM Exprés	15:45h. - 16:30h. MANTENIM Exprés	
16:30h. POWER PUMP	16:30h. MANTENIMENT	16:30h. POWER PUMP	16:30h. POWER PUMP	16:30h. POWER PUMP	
				17:00h. - 17:30h. HIPOPR Nivell Alt	
17:30h. GAC	17:30h. POWER PUMP	17:30h. THERABAN	17:30h. ZUMBA	17:30h. ZUMBA	
	17:30h. - 18:00h. ABDOMIN Exprés	17:30h. IOGA		17:30h. IOGA-PILATES	
17:45h. - 18:30h. CARDIO BOX (45')	18:00h.-19:30h. RETO BIKE	17:45h. - 18:30h. CARDIO HIIT (45')	17:45h. - 18:30h. CARDIO BOX (45')	17:45h. - 18:30h. CARDIO HIIT (45')	
18:30h. TONO	18:30h. THERABAN	18:30h. TONO	18:30h. ZUMBA	18:30h. ZUMBA	
18:30h. BIKE	18:30h - 20:00h RUNNING	18:30h. HIPOPRESSIUS	18:30h - 20:00h RUNNING	18:30h. HIPOPRESSIUS	
		18:30h. BIKE	18:30h. - 20:00h. RETO BIKE	18:30h. BIKE	
19:30h. CARDIO HIIT	19:30h. CARDIO HIIT	19:30h. GAC	19:30h. POWER PUMP	19:30h. POWER PUMP	
19:30h. CAPOEIRA		19:30h. CAPOEIRA		19:30h. CAPOEIRA	
19:30h. BIKE	19:30h. BIKE	19:30h. BIKE		19:30h. BIKE	
20:30h. PILATES	20:30h. ESTIRAM-RELAX	20:30h. PILATES			



- (1) Cada 15 dies
(2) Cada 15 dies

Sala d'activitats dirigides
Sala polivalent
Sala de cycling
Exterior

- a) Totes les activitats tenen una durada aproximada de 55', excepte les especificades.
b) Cal portar tovallola a totes les classes.
c) Es recomana descansar entre sessions, portar aigua i anar hidratant-se.