HORARIS D'ACTIVITATS DIRIGIDES

Horari																	
	sala	sala	Dilluns			Dimarts			Dimecres			Dijous			Divendres	Dissabte	
6'30 a 22h.		sf	Sala Fitness			Sala Fitness			Sala Fitness			Sala Fitness			Sala Fitness	.	
9'00 a 14'00		sf														Sala Fitness	

LA SALA DE FITNESS ROMANDRÀ TANCADA ELS DIUMENGES i FESTIUS

ACTIVITATS DIRIGIDES

Horari	sala	tec.	Classe	s	tec.	Classe	s	tec.	Classe	s	tec	Classe	s	tec.	Classe
7'00 a 7'45	1	1	Pilates			Aiguagym	1	1	Tono			Aiguagym			Aiguagym
8'00 a 8'45	1	1	Tonocardio	1	1	Pilates	1	1	GAC	1	1	Cycling	1	1	Cardiolatin
9'15 a 10'00	1	1	Ritmos				1	1	Pilates				1	1	GAC
9'15 a 10'00	1			1	4	Manteniment				1	4	Manteniment			
10'15 a 11'00	1	1	Cardiotono	1	1	Pilates	1	4	Manteniment	1	1	Ritmos	1	4	Estiraments
10'15 a 11'00			Aiguagym			Aiguagym			Aiguagym			Aiguagym			Aiguagym
10'15 a 11'00						Aiguamaster						Aiguamaster			
13'30 a 14'15	2	2	Cycling				2	2	Cycling						
15'15 a 16'00	1	2	TBC	1	2	Power	1	2	Estiraments	1	2	GAC	1	2	Estiraments
15'15 a 16'00			Aiguagym						Aiguagym						Aiguagym
17'30 a 21'30				3	7	Taekwondo				3	7	Taekwondo			
17'30 a 18'15	1	3	Tono/func	1	1	Ritmos	1	1	Ritmos	1	3	Pilates			
17'30 a 22'00	3	6	Hapkido				3	6	Hapkido				3	6	Hapkido
18'30 a 19'15	1	3	Step	1	3	Tono	1	3	Tonificacio	1	3	Setp	1	1	Ritmos
18'15 a 19'00	2	.	Cycling	2	2	Cycling	2	2	Cycling	2	2	Cycling	2	2	Cycling
19'15 a 20'00			Aiguagym						Aiguagym						Aiguagym
19'25 a 20'10	1	3	Gac	1	3	Fitball	1	3	Cardio Step	1	3	GAC			
19'30 a 20'30	2	2	Cycling	2	2	Cycling	2	2	Cycling	2	2	Cycling			Cycling
20'15 a 21'00	1	3	Pilates	1	3	Abdominal	1	3	Pilates	1	3	Pilates	1	5	Estiraments
20'15 a 21'00						Aiguagym			Aiguagym			Aiguagym			
20'45 a 21'30	2			2	2	Cycling				2	2	Cycling			
21'00 a 21'45	1	5	Estiraments				1	5	Estiraments						
			17			16			18			16			13

Monitors			
Natalia	a.d.	mati	1
Paco	cicling	tarda	2
Davinia	a.d.	tarda	3
Manuel	a.d.	mati	4
Roser	a.d.	tarda	5
M.Angel	a.d.	tarda	6
Gonzalez	a.d.	tarda	7
Fitness			
Manuel		mati	
Roser		tarda	
Paco		migdia	
		vespre	

80

Actualitzat 17/10/2011