



## ACTIVATATS DIRIGIDES GENER 2019

| HORA  | DILLUNS  | DIMARTS  | DIMECRES   | DIJOUS   | DIVENDRES  | DIÀ                              | DISSABTE                         |
|-------|--|--|--|--|--|----------------------------------|----------------------------------|
| 7:00  | 07:00 - 07:50 (sala 3)<br><b>Cycling</b>         | 07:00 - 07:50 (sala 1)<br><b>GAC</b>             | 07:00 - 07:50 (sala 3)<br><b>Cycling</b>         | 07:00 - 07:50 (sala 1)<br><b>Tono</b>            | 07:00 - 07:50 (sala 1)<br><b>Bodypump</b>        | 12                               | 10:00-10:45<br><b>Bodycombat</b> |
|       |  | 07:30 - 08:15 (piscina 2)<br><b>Aqua Dynamic</b> |  | 07:30 - 08:15 (piscina 2)<br><b>Aquagim</b>      |  |                                  | 11:00-11:45<br><b>Cycling</b>    |
| 8:00  | 08:30 - 09:20 (sala 1)<br><b>Tono</b>            | 08:30 - 09:20 (sala 1)<br><b>Bodycombat</b>      | 08:30 - 09:20 (sala 1)<br><b>TBC</b>             | 08:30 - 09:20 (sala 1)<br><b>Cxworx</b>          |  | 19                               | 10:00-10:45<br><b>Bodypump</b>   |
| 9:00  | 09:15 - 10:00 (piscina 2)<br><b>Aqua Dynamic</b> | 09:15 - 10:00 (piscina 2)<br><b>Aquagac</b>      | 09:15 - 10:00 (piscina 2)<br><b>Aqua Dynamic</b> | 09:15 - 10:00 (piscina 2)<br><b>Aquagym</b>      | 09:15 - 10:00 (piscina 2)<br><b>Aqua Dynamic</b> |                                  | 26                               |
|       | 09:30 - 10:20 (sala 1)<br><b>Dance</b>           | 09:30 - 10:20 (sala 1)<br><b>Step Nivell 2</b>   | 09:30 A 10:20 (sala 1)<br><b>Bodypump</b>        | 09:30 - 10:20 (sala 1)<br><b>Zumba</b>           | 09:30 - 10:20 (sala 1)<br><b>Bodycombat</b>      | 10:00-10:45<br><b>GAC</b>        |                                  |
|       | 09:30 - 10:20 (sala 3)<br><b>Cycling</b>         | 09:30 - 10:20 (sala 3)<br><b>Cycling</b>         |  | 09:30 - 10:20 (sala 3)<br><b>Cycling</b>         |  | 11:00-11:45<br><b>Bodycombat</b> |                                  |
|       |  | 09:30 - 10:20 (sala 2)<br><b>Tono-Master</b>     | 09:30 - 10:20 (sala 2)<br><b>GAC</b>             | 09:30 - 10:20 (sala 2)<br><b>Tono-Master</b>     | 09:30 - 10:20 (sala 8)<br><b>Corpore</b>         |                                  |                                  |
| 11:00 | 10:30 - 11:00 (sala 1)<br><b>Hipopresius</b>     | 10:30 - 11:00 (sala 2)<br><b>Abdominals</b>      | 10:30 - 11:00 (sala 1)<br><b>Hipopresius</b>     | 10:30 - 11:00 (sala 2)<br><b>Abdominals</b>      | 10:30 - 11:00 (sala 1)<br><b>Abdominals</b>      |                                  |                                  |
|       | 11:00 - 11:45 (p. petita)<br><b>Aquamaster</b>   | 11:00 - 11:45 (piscina 1)<br><b>Aquaprofunda</b> | 11:00 - 11:45 (p. petita)<br><b>Aquamaster</b>   | 11:00 - 11:45 (piscina 1)<br><b>Aquaprofunda</b> | 11:00 - 11:45 (p. petita)<br><b>Aquamaster</b>   |                                  |                                  |
| 13:00 | 13:30 - 14:20 (sala 1)<br><b>GAC</b>             | 13:30 - 14:20 (sala 1)<br><b>Bodycombat</b>      | 13:30 - 14:20 (sala 1)<br><b>Cxworx</b>          | 13:30 - 14:20 (sala 1)<br><b>Bodypump</b>        |  |                                  |                                  |
|       | 13:30 - 14:20 (sala 3)<br><b>Cycling</b>         | 13:30 - 14:20 (sala 3)<br><b>Cycling</b>         |  | 13:30 - 14:20 (sala 3)<br><b>Cycling</b>         | 13:30 - 14:20 (sala 3)<br><b>Cycling</b>         |                                  |                                  |
| 14:00 | 14:30 - 15:15 (sala 1)<br><b>Cxworx</b>          | 14:30 - 15:15 (sala 1)<br><b>Step Nivell 2</b>   | 14:30 - 15:15 (sala 1)<br><b>Bodypump</b>        | 14:30 - 15:15 (sala 1)<br><b>GAC</b>             | 14:30 - 15:15 (sala 1)<br><b>Bodycombat</b>      |                                  |                                  |
| 15:00 | 15:15 - 16:00 (sala 1)<br><b>Zumba</b>           | 15:15 - 16:00 (sala 1)<br><b>Cxworx</b>          | 15:15 - 16:00 (sala 3)<br><b>Cycling</b>         | 15:15 - 16:00 (sala 1)<br><b>Bodycombat</b>      | 15:15 - 16:00 (sala 1)<br><b>Bodypump</b>        |                                  |                                  |
| 17:00 | 17:30-18:20 (sala 1)<br><b>Bodypump</b>          | 17:30-18:20 (sala 1)<br><b>TBC</b>               | 17:30-18:20 (sala 1)<br><b>Bodycombat</b>        | 17:30-18:20 (sala 1)<br><b>Cxworx</b>            | 17:30-18:20 (sala 1)<br><b>GAC</b>               |                                  |                                  |
|       | 17:30 - 18:20 (sala 3)<br><b>Cycling</b>         |  |  |  |  |                                  |                                  |
| 18:00 | 18:30 - 19:15 (piscina 2)<br><b>Aqua Dynamic</b> | 18:30 - 19:15 (piscina 2)<br><b>Aquagac</b>      | 18:30 - 19:15 (piscina 2)<br><b>Aqua Dynamic</b> | 18:30 - 19:15 (piscina 2)<br><b>Aquagim</b>      | 18:30 - 19:15 (piscina 2)<br><b>Aqua Dynamic</b> |                                  |                                  |
|       | 18:30 - 19:20 (sala 1)<br><b>Zumba</b>           | 18:30 - 19:20 (Sala 8)<br><b>Corpore</b>         | 18:30 - 19:20 (sala 1)<br><b>Bodypump</b>        | 18:30 - 19:20 (sala 1)<br><b>Step Nivell 2</b>   | 18:30 - 19:20 (sala 1)<br><b>Bodycombat</b>      |                                  |                                  |
|       | 18:30 - 19:20 (Sala 2)<br><b>GAC</b>             | 18:30 - 19:20 (sala 1)<br><b>Bodycombat</b>      | 18:30 - 19:20 (Sala 2)<br>entrenament funcional  | 18:30 - 19:20 (Sala 2)<br><b>GAC</b>             |  |                                  |                                  |
|       | 18:30 - 19:20 (sala 3)<br><b>Cycling</b>         | 18:30 - 19:20 (sala 3)<br><b>Cycling</b>         | 18:30 - 19:20 (sala 3)<br><b>Cycling</b>         | 18:30 - 19:20 (sala 3)<br><b>Cycling</b>         | 18:30 - 19:20 (sala 3)<br><b>Cycling</b>         |                                  |                                  |
| 19:00 | 19:30 - 20:20 (Sala 1)<br><b>Bodycombat</b>      | 19:30 - 20:20 (Sala 1)<br><b>Bodypump</b>        | 19:30 - 20:20 (Sala 1)<br><b>Zumba</b>           | 19:30 - 20:20 (Sala 8)<br><b>Corpore</b>         | 19:30 - 20:20 (Sala 1)<br><b>Bodypump</b>        |                                  |                                  |
|       | 19:30 - 20:20 (Sala 2)<br><b>Tono</b>            | 19:30 - 20:20 (Sala 2)<br><b>GAC</b>             | 19:30 - 20:20 (Sala 2)<br><b>GAC</b>             | 19:30 - 20:20 (Sala 1)<br><b>Bodycombat</b>      |  |                                  |                                  |
|       | 19:30 - 20:20 (Sala 3)<br><b>Cycling</b>         | 19:30 - 20:20 (Sala 3)<br><b>Cycling</b>         | 19:30 - 20:20 (Sala 3)<br><b>Cycling</b>         | 19:30 - 20:20 (Sala 3)<br><b>Cycling</b>         | 19:30 - 20:20 (Sala 3)<br><b>Cycling</b>         |                                  |                                  |
|       | 20:30 - 21:20 (Sala 1)<br><b>Bodypump</b>        | 20:30 - 21:20 (Sala 1)<br><b>Zumba</b>           | 20:30 - 21:20 (Sala 1)<br><b>GAC</b>             | 20:30 - 21:20 (Sala 1)<br><b>Cxworx</b>          | 20:30 - 21:20 (Sala 1)<br><b>Zumba</b>           |                                  |                                  |
| 20:00 | 20:30 - 21:00 (Sala 2)<br><b>Abdominals</b>      | 20:30 - 21:00 (Sala 8)<br><b>Hipopresius</b>     | 20:30 - 21:00 (Sala 2)<br><b>Abdominals</b>      | 20:30 - 21:00 (Sala 8)<br><b>Hipopresius</b>     | 20:30 - 21:00 (Sala 2)<br><b>Abdominals</b>      |                                  |                                  |
|       | 20:30 - 21:20 (Sala 3)<br><b>Cycling</b>         | 20:30 - 21:20 (Sala 3)<br><b>Cycling</b>         | 20:30 - 21:20 (Sala 3)<br><b>Cycling</b>         | 20:30 - 21:10 (Sala 3)<br><b>Cycling</b>         |  |                                  |                                  |
| 21:00 | 21:00 - 21:50 (Sala 2)<br><b>GAC</b>             | 21:00-21:50 (sala 1)<br><b>Bodycombat</b>        | 21:00 - 21:50 (Sala 2)<br><b>Estiraments</b>     | 21:00 - 21:50 (Sala 2)<br><b>Zumba</b>           | 21:00 - 21:50 (Sala 2)<br><b>Estiraments</b>     |                                  | <b>MATÍ</b>                      |
|       |  |  |  |  |  |                                  | <b>TARDA</b>                     |
|       | <b>AQUÀTIQUES</b>                                | <b>CARDIOVASCULAR</b>                            | <b>COREOGRAFIADES</b>                            | <b>BODY-MIND</b>                                 | <b>TONIFICACIÓ MUSCULAR</b>                      |                                  |                                  |

LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALESVOL CANVI.