



ACTIVITATS DIRIGIDES JUNY 2019

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DIA	DISSABTE
7:00	07:00 - 07:50 (sala 3) Cycling	07:00 - 07:50 (sala 1) GAC	07:00 - 07:50 (sala 3) Cycling	07:00 - 07:50 (sala 1) Tono	07:00 - 07:50 (sala 1) Bodypump	1	10:00-10:45 Zumba
		07:30 - 08:15 (piscina 2) Aqua Dynamic		07:30 - 08:15 (piscina 2) Aquagim			11:00-11:45 Tono
8:00	08:30 - 09:20 (sala 1) Tono	08:30 - 09:20 (sala 1) Bodycombat	08:30 - 09:20 (sala 1) TBC	08:30 - 09:20 (sala 1) Cxworx		8	10:00-10:45 Bodypump
9:00	09:15 - 10:00 (piscina 2) Aqua Dynamic	09:15 - 10:00 (piscina 2) Aquagac	09:15 - 10:00 (piscina 2) Aqua Dynamic	09:15 - 10:00 (piscina 2) Aquagym	09:15 - 10:00 (piscina 2) Aqua Dynamic		15
	09:30 - 10:20 (sala 1) Dance	09:30 - 10:20 (sala 1) Step Nivell 2	09:30 A 10:20 (sala 1) Bodypump	09:30 - 10:20 (sala 1) Zumba	09:30 - 10:20 (sala 1) Bodycombat	10:00-10:45 Bodycombat	
	09:30 - 10:20 (sala 3) Cycling	09:30 - 10:20 (sala 3) Cycling		09:30 - 10:20 (sala 3) Cycling		11:00-11:45 Cycling	
		09:30 - 10:20 (sala 2) Tono-Master	09:30 - 10:20 (sala 2) GAC	09:30 - 10:20 (sala 2) Tono-Master	09:30 - 10:20 (sala 8) Corpore	10:00-10:45 Tono	
	10:30 - 11:00 (sala 1) Hipopresius	10:30 - 11:00 (sala 2) Abdominals	10:30 - 11:00 (sala 1) Hipopresius	10:30 - 11:00 (sala 2) Abdominals	10:30 - 11:00 (sala 1) Abdominals	22	11:00-11:45 Zumba
11:00	11:00 - 11:45 (p. petita) Aquamaster	11:00 - 11:45 (piscina 1) Aquaprofunda	11:00 - 11:45 (p. petita) Aquamaster	11:00 - 11:45 (piscina 1) Aquaprofunda	11:00 - 11:45 (p. petita) Aquamaster		
13:00	13:30 - 14:20 (sala 1) GAC	13:30 - 14:20 (sala 1) Bodycombat	13:30 - 14:20 (sala 1) Cxworx	13:30 - 14:20 (sala 1) Bodypump			
	13:30 - 14:20 (sala 3) Cycling	13:30 - 14:20 (sala 3) Cycling		13:30 - 14:20 (sala 3) Cycling	13:30 - 14:20 (sala 3) Cycling		
14:00	14:30 - 15:15 (sala 1) Cxworx	14:30 - 15:15 (sala 1) Step Nivell 2	14:30 - 15:15 (sala 1) Bodypump	14:30 - 15:15 (sala 1) GAC	14:30 - 15:15 (sala 1) Bodycombat		
15:00	15:15 - 16:00 (sala 1) Zumba	15:15 - 16:00 (sala 1) Cxworx	15:15 - 16:00 (sala 3) Cycling	15:15 - 16:00 (sala 1) Bodycombat	15:15 - 16:00 (sala 1) Bodypump		
17:00	17:30-18:20 (sala 1) Bodypump	17:30-18:20 (sala 1) TBC	17:30-18:20 (sala 1) Bodycombat	17:30-18:20 (sala 1) Cxworx	17:30-18:20 (sala 1) GAC		
	17:30 - 18:20 (sala 3) Cycling						
18:00	18:30 - 19:15 (piscina 2) Aqua Dynamic	18:30 - 19:15 (piscina 2) Aquagac	18:30 - 19:15 (piscina 2) Aqua Dynamic	18:30 - 19:15 (piscina 2) Aquagim	18:30 - 19:15 (piscina 2) Aqua Dynamic		
	18:30 - 19:20 (sala 1) Zumba	18:30 - 19:20 (Sala 8) Corpore	18:30 - 19:20 (sala 1) Bodypump	18:30 - 19:20 (sala 1) Step Nivell 2	18:30 - 19:20 (sala 1) Bodycombat		
	18:30 - 19:20 (Sala 2) GAC	18:30 - 19:20 (sala 1) Bodycombat	18:30 - 19:20 (Sala 2) entrenament funcional	18:30 - 19:20 (Sala 2) GAC			
	18:30 - 19:20 (sala 3) Cycling	18:30 - 19:20 (sala 3) Cycling	18:30 - 19:20 (sala 3) Cycling	18:30 - 19:20 (sala 3) Cycling	18:30 - 19:20 (sala 3) Cycling		
19:00	19:30 - 20:20 (Sala 1) Bodycombat	19:30 - 20:20 (Sala 1) Bodypump	19:30 - 20:20 (Sala 1) Zumba	19:30 - 20:20 (Sala 8) Corpore	19:30 - 20:20 (Sala 1) Bodypump		
	19:30 - 20:20 (Sala 2) Tono	19:30 - 20:20 (Sala 2) GAC	19:30 - 20:20 (Sala 2) Cxworx	19:30 - 20:20 (Sala 1) Bodycombat			
	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling	19:30 - 20:20 (Sala 3) Cycling		
20:00	20:30 - 21:20 (Sala 1) Bodypump	20:30 - 21:20 (Sala 1) Zumba	20:30 - 21:20 (Sala 1) GAC	20:30 - 21:20 (Sala 1) Cxworx	20:30 - 21:20 (Sala 1) Zumba		
	20:30 - 21:00 (Sala 2) Abdominals	20:30 - 21:00 (Sala 8) Hipopresius	20:30 - 21:00 (Sala 2) Abdominals	20:30 - 21:00 (Sala 8) Hipopresius	20:30 - 21:00 (Sala 2) Abdominals		
	20:30 - 21:20 (Sala 3) Cycling	20:30 - 21:20 (Sala 3) Cycling	20:30 - 21:20 (Sala 3) Cycling	20:30 - 21:10 (Sala 3) Cycling			
21:00	21:00 - 21:50 (Sala 2) GAC	21:00-21:50 (sala 1) Bodycombat	21:00 - 21:50 (Sala 2) Estiraments	21:00 - 21:50 (Sala 2) Zumba	21:00 - 21:50 (Sala 2) Estiraments		MATÍ TARDA
	AQUÀTIQUES	CARDIOVASCULAR	COREOGRAFIADES	BODY-MIND	TONIFICACIÓ MUSCULAR		

LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALSEVOL CANVI.



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