



ACTIVITATS DIRIGIDES JULIOL 2019

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
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
		07:30 - 08:15 (piscina 2) Aqua Dynamic		07:30 - 08:15 (piscina 2) Aquagym	
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	
9:00	09:15 - 10:00 (piscina 2) Aqua Dynamic	09:15 - 10:00 (piscina 2) Aquagym	09:15 - 10:00 (piscina 2) Aqua Dynamic	09:15 - 10:00 (piscina 2) Aquagac	09:15 - 10:00 (piscina 2) Aqua Dynamic
	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
	09:30 - 10:20 (sala 3) Cycling	09:30 - 10:20 (sala 3) Cycling		09:30 - 10:20 (sala 3) 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
	10:30 - 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
11:00	10:15 - 11:00 (p. petita) Aquamaster	10:15 - 11:00 (piscina 1) Aquaprofunda	10:15 - 11:00 (p. petita) Aquamaster	10:15 - 11:00 (piscina 1) Aquaprofunda	10:15 - 11:00 (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

AQUÀTIQUES	CARDIOVASCULAR	COREOGRAFIADES	BODY-MIND	TONIFICACIÓ MUSCULAR
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LA DIRECCIÓ ES RESERVA EL DRET DE FER QUAISEVOL CANVI.

