



# ACTIVITATS DIRIGIDES SETEMBRE 2019

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DIA	DISSABTE
7:00	07:00 - 07:50 (sala 3) <b>Cycling</b>	07:00 - 07:50 (sala 1) <b>GAC</b>	07:00 - 07:50 (sala 3) <b>Cycling</b>	07:00 - 07:50 (sala 1) <b>Tono</b>	07:00 - 07:50 (sala 1) <b>Bodypump</b>	7	10:00-10:45 <b>Bodypump</b>
		07:30 - 08:15 (piscina 2) <b>Aqua Dynamic</b>		07:30 - 08:15 (piscina 2) <b>Aquagim</b>			11:00-11:45 <b>Bodycombat</b>
8:00	08:30 - 09:20 (sala 1) <b>Tono</b>	08:30 - 09:20 (sala 1) <b>Bodycombat</b>	08:30 - 09:20 (sala 1) <b>TBC</b>	08:30 - 09:20 (sala 1) <b>Cxworx</b>		14	10:00-10:45 <b>Bodycombat</b>
9:00	09:15 - 10:00 (piscina 2) <b>Aqua Dynamic</b>	09:15 - 10:00 (piscina 2) <b>Aquagym</b>	09:15 - 10:00 (piscina 2) <b>Aqua Dynamic</b>	09:15 - 10:00 (piscina 2) <b>Aquagac</b>	09:15 - 10:00 (piscina 2) <b>Aqua Dynamic</b>		21
	09:30 - 10:20 (sala 1) <b>Dance</b>	09:30 - 10:20 (sala 1) <b>Step Nivell 2</b>	09:30 A 10:20 (sala 1) <b>Bodypump</b>	09:30 - 10:20 (sala 1) <b>Zumba</b>	09:30 - 10:20 (sala 1) <b>Bodycombat</b>	10:00-10:45 <b>Bodypump</b>	
	09:30 - 10:20 (sala 3) <b>Cycling</b>	09:30 - 10:20 (sala 3) <b>Cycling</b>		09:30 - 10:20 (sala 3) <b>Cycling</b>		11:00-11:45 <b>Bodycombat</b>	
		09:30 - 10:20 (sala 2) <b>Tono-Master</b>	09:30 - 10:20 (sala 2) <b>GAC</b>	09:30 - 10:20 (sala 2) <b>Tono-Master</b>	09:30 - 10:20 (sala 8) <b>Corpore</b>	28	
	10:30 - 11:00 (sala 1) <b>Hipopresius</b>	10:30 - 11:00 (sala 2) <b>Abdominals</b>	10:30 - 11:00 (sala 1) <b>Hipopresius</b>	10:30 - 11:00 (sala 2) <b>Abdominals</b>	10:30 - 11:00 (sala 1) <b>Abdominals</b>		11:00-11:45 <b>Cxworx</b>
11:00	11:00 - 11:45 (p. petita) <b>Aquamaster</b>	11:00 - 11:45 (piscina 1) <b>Aquaprofunda</b>	11:00 - 11:45 (p. petita) <b>Aquamaster</b>	11:00 - 11:45 (piscina 1) <b>Aquaprofunda</b>	11:00 - 11:45 (p. petita) <b>Aquamaster</b>		
13:00	13:30 - 14:20 (sala 1) <b>GAC</b>	13:30 - 14:20 (sala 1) <b>Bodycombat</b>	13:30 - 14:20 (sala 1) <b>Cxworx</b>	13:30 - 14:20 (sala 1) <b>Bodypump</b>			
	13:30 - 14:20 (sala 3) <b>Cycling</b>	13:30 - 14:20 (sala 3) <b>Cycling</b>		13:30 - 14:20 (sala 3) <b>Cycling</b>	13:30 - 14:20 (sala 3) <b>Cycling</b>		
14:00	14:30 - 15:15 (sala 1) <b>Cxworx</b>	14:30 - 15:15 (sala 1) <b>Step Nivell 2</b>	14:30 - 15:15 (sala 1) <b>Bodypump</b>	14:30 - 15:15 (sala 1) <b>GAC</b>	14:30 - 15:15 (sala 1) <b>Bodycombat</b>		
15:00	15:15 - 16:00 (sala 1) <b>Zumba</b>	15:15 - 16:00 (sala 1) <b>Cxworx</b>	15:15 - 16:00 (sala 3) <b>Cycling</b>	15:15 - 16:00 (sala 1) <b>Bodycombat</b>	15:15 - 16:00 (sala 1) <b>Bodypump</b>		
17:00	17:30-18:20 (sala 1) <b>Bodypump</b>	17:30-18:20 (sala 1) <b>TBC</b>	17:30-18:20 (sala 1) <b>Bodycombat</b>	17:30-18:20 (sala 1) <b>Cxworx</b>	17:30-18:20 (sala 1) <b>GAC</b>		
	17:30 - 18:20 (sala 3) <b>Cycling</b>						
18:00	18:30 - 19:15 (piscina 2) <b>Aqua Dynamic</b>	18:30 - 19:15 (piscina 2) <b>Aquagac</b>	18:30 - 19:15 (piscina 2) <b>Aqua Dynamic</b>	18:30 - 19:15 (piscina 2) <b>Aquagim</b>	18:30 - 19:15 (piscina 2) <b>Aqua Dynamic</b>		
	18:30 - 19:20 (sala 1) <b>Zumba</b>	18:30 - 19:20 (Sala 8) <b>Corpore</b>	18:30 - 19:20 (sala 1) <b>Bodypump</b>	18:30 - 19:20 (sala 1) <b>Step Nivell 2</b>	18:30 - 19:20 (sala 1) <b>Bodycombat</b>		
	18:30 - 19:20 (Sala 2) <b>GAC</b>	18:30 - 19:20 (sala 1) <b>Bodycombat</b>	18:30 - 19:20 (Sala 2) entrenament funcional	18:30 - 19:20 (Sala 2) <b>GAC</b>			
	18:30 - 19:20 (sala 3) <b>Cycling</b>	18:30 - 19:20 (sala 3) <b>Cycling</b>	18:30 - 19:20 (sala 3) <b>Cycling</b>	18:30 - 19:20 (sala 3) <b>Cycling</b>	18:30 - 19:20 (sala 3) <b>Cycling</b>		
19:00	19:30 - 20:20 (Sala 1) <b>Bodycombat</b>	19:30 - 20:20 (Sala 1) <b>Bodypump</b>	19:30 - 20:20 (Sala 1) <b>Zumba</b>	19:30 - 20:20 (Sala 8) <b>Corpore</b>	19:30 - 20:20 (Sala 1) <b>Bodypump</b>		
	19:30 - 20:20 (Sala 2) <b>Tono</b>	19:30 - 20:20 (Sala 2) <b>GAC</b>	19:30 - 20:20 (Sala 2) <b>Cxworx</b>	19:30 - 20:20 (Sala 1) <b>Bodycombat</b>			
	19:30 - 20:20 (Sala 3) <b>Cycling</b>	19:30 - 20:20 (Sala 3) <b>Cycling</b>	19:30 - 20:20 (Sala 3) <b>Cycling</b>	19:30 - 20:20 (Sala 3) <b>Cycling</b>	19:30 - 20:20 (Sala 3) <b>Cycling</b>		
20:00	20:30 - 21:20 (Sala 1) <b>Bodypump</b>	20:30 - 21:20 (Sala 1) <b>Zumba</b>	20:30 - 21:20 (Sala 1) <b>GAC</b>	20:30 - 21:20 (Sala 1) <b>Cxworx</b>	20:30 - 21:20 (Sala 1) <b>Zumba</b>		
	20:30 - 21:00 (Sala 2) <b>Abdominals</b>	20:30 - 21:00 (Sala 8) <b>Hipopresius</b>	20:30 - 21:00 (Sala 2) <b>Abdominals</b>	20:30 - 21:00 (Sala 8) <b>Hipopresius</b>	20:30 - 21:00 (Sala 2) <b>Abdominals</b>		
	20:30 - 21:20 (Sala 3) <b>Cycling</b>	20:30 - 21:20 (Sala 3) <b>Cycling</b>	20:30 - 21:20 (Sala 3) <b>Cycling</b>	20:30 - 21:10 (Sala 3) <b>Cycling</b>			
21:00	21:00 - 21:50 (Sala 2) <b>GAC</b>	21:00-21:50 (sala 1) <b>Bodycombat</b>	21:00 - 21:50 (Sala 2) <b>Estiraments</b>	21:00 - 21:50 (Sala 2) <b>Zumba</b>	21:00 - 21:50 (Sala 2) <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 QUALSEVOL CANVI.