



# ACTIVITATS DIRIGIDES OCTUBRE 2020

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DIA	DISSABTE
7:00	07:00 - 07:50 (sala 3) Cycling	07:00 - 07:50 (sala 8) GAC	07:00 - 07:50 (sala 3) Cycling	07:00 - 07:50 (sala 8) Tono	07:00 - 07:50 (sala 8) Bodypump	3	10:00-10:45 (sala 8) Zumba
8:00	08:30 - 09:15 (sala 8) Bodypump		08:30 - 09:15 (sala 8) TBC				11:00-11:45 (sala 8) Bodypump
9:00	09:30 - 10:20 (sala 8) Dance	09:30 - 10:20 (sala 8) Step Nivell 2	09:30 A 10:20 (sala 8) Bodypump	09:30 - 10:20 (sala 8) Zumba	09:30 - 10:20 (sala 8) Bodycombat	10	10:00-10:45 (sala 8) Step
	09:30 - 10:20 (sala 3) Cycling	09:30 - 10:20 (sala 3) Cycling	09:30 - 10:20 (sala 1) GAC	09:30 - 10:20 (sala 3) Cycling	09:30 - 10:20 (sala 1) Corpore		11:00-11:45 (sala 8) Bodycombat
	10:30 - 11:00 (sala 8) Hipopresius	10:30 - 11:00 (sala 8) Abdominals	10:30 - 11:00 (sala 8) Hipopresius	10:30 - 11:00 (sala 8) Abdominals	10:30 - 11:00 (sala 8) Abdominals	17	10:00-10:45 (sala 8) Bodycombat
13:00	13:30 - 14:20 (sala 8) Bodypump	13:30 - 14:20 (sala 3) Cycling	13:30 - 14:20 (sala 8) Cxworx	13:30 - 14:20 (sala 3) Cycling			11:00-11:45 (sala 3) Cycling
15:00	15:15 - 16:00 (sala 8) Zumba		15:15 - 16:00 (sala 8) Tono		15:15 - 16:00 (sala 8) Bodycombat	24	10:00-10:45 (sala 8) Bodycombat
18:00	18:30 - 19:20 (sala 8) Zumba	18:30 - 19:20 (Sala 8) Tono	18:30 - 19:20 (sala 8) Bodypump	18:30 - 19:20 (sala 8) Bodycombat	18:30 - 19:20 (Sala 8) GAC		11:00-11:45 (sala 8) Bodypump
	18:30 - 19:20 (sala 3) Cycling		18:30 - 19:20 (sala 3) Cycling		18:30 - 19:20 (sala 3) Cycling	31	10:00-10:45 (sala 8) Bodypump
19:00	19:30 - 20:20 (Sala 8) Bodycombat	19:30 - 20:20 (Sala 8) Cxworx	19:30 - 20:20 (Sala 1) Zumba	19:30 - 20:20 (Sala 1) Corpore	19:30 - 20:20 (Sala 8) Bodypump		11:00-11:45 (sala 3) Cycling
		19:30 - 20:20 (Sala 3) Cycling		19:30 - 20:20 (Sala 3) Cycling			
20:00		20:30 - 21:00 (sala 1) Hipopresius		20:30 - 21:00 (sala 1) Hipopresius			
	20:30 - 21:15 (sala 3) Cycling	20:30 - 21:15 (sala 8) Bodypump	20:30 - 21:15 (sala 3) Cycling	20:30 - 21:15 (sala 8) Cxworx	20:30 - 21:15 (sala 8) Zumba		
HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES		
9:00	09:15 - 10:00 Aqua Dynamic	09:15 - 10:00 Aquagym	09:15 - 10:00 Aquaprofunda	09:15 - 10:00 Aquagac	09:15 - 10:00 Aqua Dynamic		
11:00	11:00 - 11:45 Aquamaster		11:00 - 11:45 Aquamaster		11:00 - 11:45 Aquamaster		
18:00	18:30 - 19:15 Aqua Dynamic	18:30 - 19:15 Aquagac	18:30 - 19:15 Aqua Dynamic	18:30 - 19:15 Aquagym	18:30 - 19:15 Aqua Dynamic		<b>MATÍ</b>
							<b>TARDA</b>

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