



ACTIVITATS DIRIGIDES NOVEMBRE 2020

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DIA	DISSABTE
7:00	07:00 - 07:50 (sala 3) Cycling	07:00 - 07:45 (sala 8) GAC	07:00 - 07:50 (sala 3) Cycling	07:00 - 07:45 (sala 8) Tono	07:00 - 07:45 (sala 8) Bodypump	7	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 1) GAC
9:00	09:30 - 10:15 (sala 8) Dance	09:30 - 10:15 (sala 8) Step Nivell 2	09:30 A 10:15 (sala 8) Bodypump	09:30 - 10:15 (sala 8) Zumba	09:30 - 10:15 (sala 8) Bodycombat	14	10:00-10:45 (sala 1) Cxworx
	09:30 - 10:20 (sala 3) Cycling	09:30 - 10:20 (sala 3) Cycling	09:30 - 10:15 (sala 1) GAC	09:30 - 10:20 (sala 3) Cycling	09:30 - 10:15 (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		10:00-10:45 (sala 1) Step
13:00	13:30 - 14:15 (sala 8) Bodypump	13:30 - 14:20 (sala 3) Cycling	13:30 - 14:15 (sala 8) Cxworx	13:30 - 14:20 (sala 3) Cycling		21	11:00-11:45 (sala 8) Bodycombat
15:00	15:15 - 16:00 (sala 8) Zumba		15:15 - 16:00 (sala 8) Tono		15:15 - 16:00 (sala 8) Bodycombat		10:00-10:45 (sala 1) Bodycombat
18:00	18:30 - 19:15 (sala 8) Zumba	18:30 - 19:15 (Sala 8) Tono	18:30 - 19:15 (sala 8) Bodypump	18:30 - 19:15 (sala 8) Bodycombat	18:30 - 19:15 (Sala 8) GAC	28	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		
19:00	19:30 - 20:15 (Sala 8) Bodycombat	19:30 - 20:10 (Sala 8) Cxworx	19:30 - 20:15 (Sala 8) Zumba	19:30 - 20:10 (Sala 8) Corpore	19:30 - 20:15 (Sala 8) Bodypump		
		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			
	20:15 - 21:00 (sala 3) Cycling	20:20 - 21:00 (sala 8) Bodypump	20:15 - 21:00 (sala 3) Cycling	20:20 - 21:00 (sala 8) Cxworx	20:15 - 21:00 (sala 1) 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		MATÍ TARDA

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