



ACTIVITATS DIRIGIDES FEBRER 2021

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:00		07:00 - 07:45 (sala 1) GAC		07:00 - 07:45 (sala 1) Bodypump	
8:00	08:30 - 09:15 (sala 1) Bodypump		08:30 - 09:15 (sala 1) TBC		08:30 - 19:15 (sala 3) Cycling
9:00	09:30 - 10:15 (sala 1) Dance	09:30 - 10:15 (sala 1) Step Nivell 2	09:30 A 10:15 (sala 1) Bodypump	09:30 - 10:15 (sala 3) Cycling	09:30 - 10:15 (sala 1) Bodycombat
10:00	10:30 - 11:15 (sala 3) Cycling	10:30 - 11:15 (sala 3) Cycling	10:30 - 11:15 (sala 1) GAC	10:30 - 11:15 (sala 1) Zumba	10:30 - 11:15 (sala 1) Corpore
13:00	13:30 - 14:15 (sala 1) Bodypump	13:30 - 14:15(sala 3) Cycling		13:30 - 14:15 (sala 3) Cycling	
18:00	18:00 - 18:45 (sala 1) Zumba	18:00 - 18:45 (sala 1) Tono	15:15 - 16:00 (sala 1) Bodypump		15:15 - 16:00 (sala 1) Bodycombat
	19:00 - 19:45 (sala 3) Cycling		18:00 - 18:45 (sala 3) Cycling	18:00 - 18:45 (Sala 1) Corpore	18:00 - 18:45 (Sala 1) GAC
19:00	20:00 - 20:45 (Sala 1) Bodycombat	19:00 - 19:45 (Sala 1) Bodypump	19:00 - 19:45 (Sala 1) Cxworx	19:00 - 19:45 (SALA 1) Bodycombat	19:00 - 19:45 (sala 3) Cycling
		20:00 - 20:45 (Sala 3) Cycling	20:00 - 20:45 (sala 1) Zumba	20:00 - 20:45 (Sala 3) Cycling	20:00 - 20:45 (Sala 1) Bodypump

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
9:00	09:15 - 10:00 Aqua Dynamic	09:15 - 10:00 Aquagym	09:15 - 10:00 Aqua Dynamic	09:15 - 10:00 Aquagac	09:15 - 10:00 Aqua Dynamic
10:00	10:15 - 11:00 Aquamaster	10:15 - 11:00 Aqua Dynamic	10:15 - 11:00 Aquamaster	10:15 - 11:00 Aqua Dynamic	10:15 - 11:00 Aquamaster
17:00	17:30 - 18:15 Aquagym	17:30 - 18:15 Aqua Dynamic	17:30 - 18:15 Aquagac	17:30 - 18:15 Aqua Dynamic	17:30 - 18:15 Aquagym
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

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