



# ACTIVITATS DIRIGIDES

## OCTUBRE 2021

| HORA  | DILLUNS                                     | DIMARTS  | DIMECRES                                    | DIJOUS   | DIVENDRES                                   |
|-------|---|--|---|--|---|
| 7:00  | 07:00 - 07:45 (sala 3)<br><b>Cycling</b>    |  | 07:00 - 07:45 (sala 1)<br><b>GAC</b>        |  | 07:00 - 07:45 (sala 1)<br><b>Bodypump</b>   |
| 8:00  | 08:30 - 09:15 (sala 1)<br><b>Bodypump</b>   |  | 08:30 - 09:15 (sala 1)<br><b>TBC</b>        |  | 08:30 - 09:15 (sala 1)<br><b>Cxworx</b>     |
| 9:00  | 09:30 - 10:15<br><b>DANCE</b>               | 09:30 - 10:15 (sala 1)<br><b>Step Nivell 2</b> | 09:30 A 10:15 (sala 1)<br><b>Bodypump</b>   | 09:30 - 10:15 (sala 1)<br><b>Zumba</b>         | 09:30 - 10:15 (sala 1)<br><b>Bodycombat</b> |
|       |   |  |   | 09:30 - 10:15 (sala 3)<br><b>Cycling</b>       |   |
| 10:00 | 10:30 - 11:00<br>HIPOPRESIUS                | 10:30 - 11:15<br><b>GAC</b>                    | 10:30 - 11:00<br>HIPOPRESIUS                |  | 10:30 - 11:15 (sala 1)<br><b>Corpore</b>    |
| 13:00 | 13:30 - 14:15 (sala 1)<br><b>Bodypump</b>   | 13:30 - 14:15 (sala 3)<br><b>Cycling</b>       |   | 13:30 - 14:15 (sala 3)<br><b>Cycling</b>       |   |
| 15:00 |   |  | 15:15 - 16:00 (sala 1)<br><b>Bodypump</b>   |  | 15:15 - 16:00 (sala 1)<br><b>Bodycombat</b> |
| 17:00 | 17:30 - 18:15 (sala 1)<br><b>Zumba</b>      | 17:30 - 18:15 (Sala 1)<br><b>Tono</b>          | 17:30 - 18:15 (Sala 1)<br><b>Bodypump</b>   | 17:30 - 18:15 (Sala 1)<br><b>Corpore</b>       | 17:30 - 18:15 (Sala 1)<br><b>GAC</b>        |
|       |   |  | 17:30 - 18:15 (sala 3)<br><b>Cycling</b>    |  |   |
| 18:00 |   | 18:30 - 19:15 (sala 8)<br><b>Corpore</b>       |   |  |   |
|       | 18:30 - 19:15 (Sala 1)<br><b>Bodycombat</b> | 18:30 - 19:15 (sala 1)<br><b>Bodypump</b>      | 18:30 - 19:15 (sala 1)<br><b>Cxworx</b>     | 18:30 - 19:15 (Sala 1)<br><b>Step Nivell 2</b> | 18:30 - 19:15 (Sala 1)<br><b>Bodypump</b>   |
|       |   | 18:30 - 19:15 (Sala 3)<br><b>Cycling</b>       |   |  | 18:30 - 19:15 (Sala 3)<br><b>Cycling</b>    |
| 19:00 | 19:30 - 20:15 (Sala 1)<br><b>Tono</b>       | 19:30 - 20:15 (sala 1)<br><b>Bodycombat</b>    | 19:30 - 20:15 (Sala 1)<br><b>Zumba</b>      | 19:30 - 20:15 (Sala 1)<br><b>Bodypump</b>      | 19:30 - 20:15 (sala 1)<br><b>Bodycombat</b> |
|       | 19:30 - 20:15 (sala 3)<br><b>Cycling</b>    |  |   | 19:30 - 20:15 (sala 3)<br><b>Cycling</b>       |   |
| 20:00 | 20:30-21:15 (SALA 1)<br><b>Bodypump</b>     |  | 20:30 - 21:15 (Sala 1)<br><b>Bodycombat</b> |  | 20:30 - 21:15 (Sala 1)<br><b>Zumba</b>      |

## A PARTIR DE L'1 DE SETEMBRE 2021

| HORA  | DILLUNS                              | DIMARTS                              | DIMECRES                             | DIJOUS                               | DIVENDRES                            |
|-------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 9:00  | 09:15 - 10:00<br><b>Aqua Dynamic</b> | 09:15 - 10:00<br><b>Aquagym</b>      | 09:15 - 10:00<br><b>Aqua Dynamic</b> | 09:15 - 10:00<br><b>Aquagac</b>      | 09:15 - 10:00<br><b>Aqua Dynamic</b> |
| 11:00 | 11:00 - 11:45<br><b>Aquamaster</b>   | 11:00 - 11:45<br><b>Aqua Dynamic</b> | 11:00 - 11:45<br><b>Aquamaster</b>   | 11:00 - 11:45<br><b>Aqua Dynamic</b> | 11:00 - 11:45<br><b>Aquamaster</b>   |
| 18:00 | 18:30 - 19:15<br><b>Aqua Dynamic</b> | 18:30 - 19:15<br><b>Aquagac</b>      | 18:30 - 19:15<br><b>Aqua Dynamic</b> | 18:30 - 19:15<br><b>Aquagym</b>      | 18:30 - 19:15<br><b>Aqua Dynamic</b> |

|            |                |                |           |                      |
|------------|----------------|----------------|-----------|----------------------|
| AQUÀTIQUES | CARDIOVASCULAR | COREOGRAFIADES | BODY-MIND | TONIFICACIÓ MUSCULAR |
|------------|----------------|----------------|-----------|----------------------|

LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALSEVOL CANVI.



# ACTIVITATS DIRIGIDES

## OCTUBRE 2021

| HORA  | DILLUNS                                     | DIMARTS  | DIMECRES                                    | DIJOUS   | DIVENDRES                                   |
|-------|---|--|---|--|---|
| 7:00  | 07:00 - 07:45 (sala 3)<br><b>Cycling</b>    |  | 07:00 - 07:45 (sala 1)<br><b>GAC</b>        |  | 07:00 - 07:45 (sala 1)<br><b>Bodypump</b>   |
| 8:00  | 08:30 - 09:15 (sala 1)<br><b>Bodypump</b>   |  | 08:30 - 09:15 (sala 1)<br><b>TBC</b>        |  | 08:30 - 09:15 (sala 1)<br><b>Cxworx</b>     |
| 9:00  | 09:30 - 10:15<br><b>DANCE</b>               | 09:30 - 10:15 (sala 1)<br><b>Step Nivell 2</b> | 09:30 A 10:15 (sala 1)<br><b>Bodypump</b>   | 09:30 - 10:15 (sala 1)<br><b>Zumba</b>         | 09:30 - 10:15 (sala 1)<br><b>Bodycombat</b> |
|       |   |  |   | 09:30 - 10:15 (sala 3)<br><b>Cycling</b>       |   |
| 10:00 | 10:30 - 11:00<br><b>HIPOPRESIUS</b>         | 10:30 - 11:15<br><b>GAC</b>                    | 10:30 - 11:00<br><b>HIPOPRESIUS</b>         |  | 10:30 - 11:15 (sala 1)<br><b>Corpore</b>    |
| 13:00 | 13:30 - 14:15 (sala 1)<br><b>Bodypump</b>   | 13:30 - 14:15 (sala 3)<br><b>Cycling</b>       |   | 13:30 - 14:15 (sala 3)<br><b>Cycling</b>       |   |
| 15:00 |   |  | 15:15 - 16:00 (sala 1)<br><b>Bodypump</b>   |  | 15:15 - 16:00 (sala 1)<br><b>Bodycombat</b> |
| 17:00 | 17:30 - 18:15 (sala 1)<br><b>Zumba</b>      | 17:30 - 18:15 (Sala 1)<br><b>Tono</b>          | 17:30 - 18:15 (Sala 1)<br><b>Bodypump</b>   | 17:30 - 19:15 (Sala 1)<br><b>Corpore</b>       | 17:30 - 18:15 (Sala 1)<br><b>GAC</b>        |
|       |   |  | 17:30 - 18:15 (sala 3)<br><b>Cycling</b>    |  |   |
| 18:00 |   | 18:30 - 19:15 (sala 8)<br><b>Corpore</b>       |   |  |   |
|       | 18:30 - 19:15 (Sala 1)<br><b>Bodycombat</b> | 18:30 - 19:15 (sala 1)<br><b>Bodypump</b>      | 18:30 - 19:15 (sala 1)<br><b>Cxworx</b>     | 18:30 - 18:15 (Sala 1)<br><b>Step Nivell 2</b> | 18:30 - 19:15 (Sala 1)<br><b>Bodypump</b>   |
|       |   | 18:30 - 19:15 (Sala 3)<br><b>Cycling</b>       |   |  | 18:30 - 19:15 (Sala 3)<br><b>Cycling</b>    |
| 19:00 | 19:30 - 20:15 (Sala 1)<br><b>Tono</b>       | 19:30 - 20:15 (sala 1)<br><b>Bodycombat</b>    | 19:30 - 20:15 (Sala 1)<br><b>Zumba</b>      | 19:30 - 20:15 (Sala 1)<br><b>Bodypump</b>      | 19:30 - 20:15 (sala 1)<br><b>Bodycombat</b> |
|       | 19:30 - 20:15 (sala 3)<br><b>Cycling</b>    |  |   | 19:30 - 20:15 (sala 3)<br><b>Cycling</b>       |   |
| 20:00 | 20:30-21:15 (SALA 1)<br><b>Bodypump</b>     |  | 20:30 - 21:15 (Sala 1)<br><b>Bodycombat</b> |  | 20:30 - 21:15 (Sala 1)<br><b>Zumba</b>      |

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| HORA  | DILLUNS                              | DIMARTS                              | DIMECRES                             | DIJOUS                               | DIVENDRES                            |
|-------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 9:00  | 09:15 - 10:00<br><b>Aqua Dynamic</b> | 09:15 - 10:00<br><b>Aquagym</b>      | 09:15 - 10:00<br><b>Aqua Dynamic</b> | 09:15 - 10:00<br><b>Aquagac</b>      | 09:15 - 10:00<br><b>Aqua Dynamic</b> |
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| 18:00 | 18:30 - 19:15<br><b>Aqua Dynamic</b> | 18:30 - 19:15<br><b>Aquagac</b>      | 18:30 - 19:15<br><b>Aqua Dynamic</b> | 18:30 - 19:15<br><b>Aquagym</b>      | 18:30 - 19:15<br><b>Aqua Dynamic</b> |

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