



ACTIVITATS DIRIGIDES

NOVEMBRE 2021

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:00	07:00 - 07:45 (sala 3) Cycling		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 - 09:15 (sala 1) Cxworx
9:00	09:30 - 10:15 Zumba	09:30 - 10:15 (sala 1) Tono	09:30 A 10:15 (sala 1) Bodypump	09:30 - 10:15 (sala 1) Zumba	09:30 - 10:15 (sala 1) Bodycombat
				09:30 - 10:15 (sala 3) Cycling	
10:00	10:30 - 11:00 ABDOMINALS	10:30 - 11:15 GAC	10:30 - 11:00 ABDOMINALS		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	
15:00			15:15 - 16:00 (sala 1) Bodypump		15:15 - 16:00 (sala 1) Bodycombat
17:00	17:30 - 18:15 (sala 1) Zumba	17:30 - 18:15 (Sala 1) Tono	17:30 - 18:15 (Sala 1) Bodypump	17:30 - 18:15 (Sala 1) Corpore	17:30 - 18:15 (Sala 1) GAC
			17:30 - 18:15 (sala 3) Cycling		
18:00		18:30 - 19:15 (sala 8) Corpore			
	18:30 - 19:15 (Sala 1) Bodycombat	18:30 - 19:15 (sala 1) Bodypump	18:30 - 19:15 (sala 1) Cxworx	18:30 - 19:15 (Sala 1) Tono	18:30 - 19:15 (Sala 1) Bodypump
		18:30 - 19:15 (Sala 3) Cycling			18:30 - 19:15 (Sala 3) Cycling
19:00	19:30 - 20:15 (Sala 1) Tono	19:30 - 20:15 (sala 1) Bodycombat	19:30 - 20:15 (Sala 1) Zumba	19:30 - 20:15 (Sala 1) Bodypump	19:30 - 20:15 (sala 1) Bodycombat
	19:30 - 20:15 (sala 3) Cycling			19:30 - 20:15 (sala 3) Cycling	
20:00	20:30-21:15 (SALA 1) Bodypump		20:30 - 21:15 (Sala 1) Bodycombat		20:30 - 21:15 (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 Aqua Dynamic	09:15 - 10:00 Aquagac	09:15 - 10:00 Aqua Dynamic
11:00	11:00 - 11:45 Aquamaster	11:00 - 11:45 Aqua Dynamic	11:00 - 11:45 Aquamaster	11:00 - 11:45 Aqua Dynamic	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

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