



# ACTIVITATS DIRIGIDES

## NOVEMBRE 2021

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

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

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