



# ACTIVITATS DIRIGIDES

## MAIG 2022

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DIA	DISSABTES
7:00	07:00 - 07:45 (sala 3) Cycling	07:00 - 07:45 (sala 1) GAC	07:00 - 07:45 (sala 1) TONO		07:00 - 07:45 (sala 1) Bodypump	7	10:00-10:45 (sala 1) GAC
8:00	08:30 - 09:15 (sala 1) Bodypump	08:30 - 09:15 (sala 3) Cycling	08:30 - 09:15 (sala 1) TBC		08:30 - 09:15 (sala 1) Cxorx		11:00-11:45 (sala 3) Cycling
9:00	09:30 - 10:15 DANCE	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	14	10:00-10:45 (sala 1) HIIT
				09:30 - 10:15 (sala 3) Cycling			11:00-11:45 (sala 1) Zumba
10:00	10:30 - 11:00 HIPOPRESIUS		10:30 - 11:00 HIPOPRESIUS		10:30 - 11:15 (sala 1) Corpore	21	10:00-10:45 (sala 1) Bodypump
13:00	13:30 - 14:15 (sala 1) Bodypump	13:30 - 14:15 (sala 3) Cycling	13:30 - 14:15 (sala 1) Cxorx	13:30 - 14:15 (sala 3) Cycling			11:00-11:45 (sala 1) Bodycombat
15:00	15:15 - 16:00 (sala 3) Cycling		15:15 - 16:00 (sala 1) Bodypump	15:15 - 16:00 (sala 1) GAC	15:15 - 16:00 (sala 1) Bodycombat	28	10:00-10:45 (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		11:00-11:45 (sala 3) Cycling
			17:30 - 18:15 (sala 3) Cycling				
18:00	18:30 - 19:15 (Sala 1) HIIT	18:30 - 19:15 (sala 8) Corpore	18:30 - 19:15 (sala 1) Cxorx				
	18:30 - 19:15 (sala 8) HIPOPRESIUS /ABD	18:30 - 19:15 (sala 1) Bodycombat	18:30 - 19:15 (sala 8) HIPOPRESIUS /ABD	18:30 - 19:15 (Sala 1) Step Nivell 2	18:30 - 19:15 (Sala 1) Bodypump		
		18:30 - 19:15 (Sala 3) Cycling		18:30 - 19:15 (sala 8) Bodycombat	18:30 - 19:15 (Sala 3) Cycling		
19:00	19:30 - 20:15 (Sala 1) Bodycombat	19:30 - 20:15 (sala 1) Bodypump	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 8) DANCE		19:30 - 20:15 (sala 3) Cycling	19:30 - 20:15 (Sala 8) 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 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

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