



# ACTIVITATS DIRIGIDES

## JULIOL 2022

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) TONO		07:00 - 07:45 (sala 1) Bodypump
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) Cxworx
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
				09:30 - 10:15 (sala 3) Cycling	
10:00	10:30 - 11:00 HIPOPRESIUS		10:30 - 11:00 HIPOPRESIUS		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 1) Cxworx	13:30 - 14:15 (sala 3) Cycling	
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
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 1) HIIT	18:30 - 19:15 (sala 8) Corpore	18:30 - 19:15 (sala 1) Cxworx		
	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 Aquamaster	09:15 - 10:00 Aquagym	09:15 - 10:00 Aquamaster	09:15 - 10:00 Aqua Dynamic
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.



# ACTIVITATS DIRIGIDES

## JULIOL 2022

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) TONO		07:00 - 07:45 (sala 1) Bodypump
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) Cxworx
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
				09:30 - 10:15 (sala 3) Cycling	
10:00	10:30 - 11:00 HIPOPRESIUS		10:30 - 11:00 HIPOPRESIUS		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 1) Cxworx	13:30 - 14:15 (sala 3) Cycling	
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
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 1) HIIT	18:30 - 19:15 (sala 8) Corpore	18:30 - 19:15 (sala 1) Cxworx		
	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 Aquamaster	09:15 - 10:00 Aquagym	09:15 - 10:00 Aquamaster	09:15 - 10:00 Aqua Dynamic
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 QUAISEVOL CANVI.