



ACTIVITATS DIRIGIDES

NOVEMBRE 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	6	10:00-10:45 (sala 1) CXWORX
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		11:00-11:45 (sala 1) HIIT
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	12	10:00-10:45 (sala 1) BODYCOMBAT
				09:30 - 10:15 (sala 3) CYCLING			11:00-11:45 (sala 1) CYCLING
10:00	10:30 - 11:00 HIOPRESIUS		10:30 - 11:00 HIOPRESIUS		10:30 - 11:15 (sala 1) CORPORE	19	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) CXWORX	13:30 - 14:15 (sala 3) CYCLING			11:00-11:45 (sala 3) 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) TONO	26	10:00-10:45 (sala 1) TONO
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 1) ZUMBA
			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) HIOPRESIUS / ABD	18:30 - 19:15 (sala 1) BODYCOMBAT	18:30 - 19:15 (sala 8) HIOPRESIUS / 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.