



ACTIVITATS DIRIGIDES

del 27 al 30 de desembre 22

HORA	DILLUNS 26	DIMARTS 27	DIMECRES 28	DIJOUS 29	DIVENDRES 30
7:00	S A N T E S T E V E	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 3) CYCLING	08:30 - 09:15 (sala 1) TBC		08:30 - 09:15 (sala 1) CXWORX
9:00		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
10:00			10:30 - 11:15 ABD		10:30 - 11:15 (sala 1) CORPORE
13:00		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 1) BODYPUMP		15:15 - 16:00 (sala 1) TONO
17:00		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) CXWORX	18:30 - 19:15 (sala 1) BODYCOMBAT	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) BODYPUMP	19:30 - 20:15 (Sala 1) ZUMBA	19:30 - 20:15 (Sala 1) BODYPUMP	19:30 - 20:15 (Sala 8) ZUMBA
				19:30 - 20:15 (sala 3) CYCLING	

HORA		DIMARTS 27	DIMECRES 28	DIJOUS 29	DIVENDRES 30
9:00		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
18:00		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.

