



ACTIVITATS DIRIGIDES

JULIOL 2023

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	1	10:00-10:45 (sala 1) BODYPUMP
8:00	08:30 - 09:15 (sala 1) BODYPUMP	08:30 - 09:15 (sala 3) CYCLING	08:30 - 09:15 (SALA CARDIO) OMNIA		08:30 - 09:15 (sala 1) CORE		11:00-11:45 (sala 1) ZUMBA
9:00	09:30 - 10:15 ZUMBA	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	8	10:00-10:45 (sala 1) ABD
				09:30 - 10:15 (sala 3) CYCLING			11:00-11:45 (sala 1) CORPORE
10:00	10:30 - 11:00 HIPOPRESIUS		10:30 - 11:00 HIPOPRESIUS		10:30 - 11:15 (sala 1) CORPORE	15	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) CORE	13:30 - 14:15 (sala 3) CYCLING			11:00-11:45 (sala 1) BODYCOMBAT
15:00	15:15 - 16:00 (SALA CARDIO) OMNIA		15:15 - 16:00 (sala 1) BODYPUMP	15:15 - 16:00 (sala 1) GAC	15:15 - 16:00 (sala 1) TONO	22	10:00-10:45 (sala 1) ZUMBA
18:00	18:00 - 18:45 (sala 1) ZUMBA	18:00 - 18:45 (Sala 1) TONO	18:00 - 18:45 (Sala 1) BODYPUMP	18:00 - 18:45 (Sala 1) CORPORE	18:00 - 18:45 (Sala 1) GAC		11:00 - 11:45 (sala 1) TONO
			18:00 - 18:45 (sala 3) CYCLING			10:00-10:45 (sala 1) CORE	
19:00	19:00 - 19:45 (Sala 1) HIIT	19:00 - 19:45 (sala 8) CORPORE	19:00 - 19:45 (sala 1) CORE			29	11:00 - 11:45 (sala 1) HIIT
	19:00 - 19:45 (sala 8) HIPOPRESIUS /ABD	19:00 - 19:45 (sala 1) BODYCOMBAT	19:00 - 19:45 (sala 8) HIPOPRESIUS /ABD	19:00 - 19:45 (Sala cardio) OMNIA	19:00 - 19:45 (Sala 1) Bodypump		
		19:00 - 19:45 (Sala 3) CYCLING		19:00 - 19:45 (sala 8) BODYCOMBAT	19:00 - 19:45 (Sala 3) CYCLING		
20:00	20:00 - 20:45 (Sala 1) BODYCOMBAT	20:00 - 20:45 (sala 1) BODYPUMP	20:00 - 20:45 (Sala 1) ZUMBA	20:00 - 20:45 (Sala 1) BODYPUMP			
	20:00 - 20:45 (sala 3) CYCLING	20:00 - 20:45 (Sala 8) ZUMBA	20:00 - 20:45 (SALA CARDIO) OMNIA	20:00 - 20:45 (sala 3) CYCLING	20:00 - 20:45 (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.