



ACTIVITATS DIRIGIDES SETEMBRE 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	2	10:00-10:45 (sala 1) ZUMBA	
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) CXWORD		11:00-11:45 (sala 1) GAC	
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	9	10:00-10:45 (sala 1) BODYPUMP	
	09:30 - 10:15 (sala 1) MASTER TONO			09:30 - 10:15 (sala 3) CYCLING	09:30 - 10:15 (sala 1) MASTER TONO		11:00-11:45 (sala 1) BODYCOMBAT	
10:00	10:30 - 11:00 HIPOPRESIUS		10:30 - 11:00 HIPOPRESIUS		10:30 - 11:15 (sala 1) CORPORE	16	10:00-10:45 (sala 1) ABD	
MIG DIA							11:00-11:45 (sala 3) CYCLING	
13:00	13:30 - 14:15 (sala 1) BODYPUMP	13:30 - 14:15 (sala 3) CYCLING	13:30 - 14:15 (sala 1) CXWORD	13:30 - 14:15 (sala 3) CYCLING	13:30 - 14:15 (Sala cardio) OMNIA	23	10:00-10:45 (sala 1) GAC	
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		10:00-10:45 (sala 1) GAC	
TARDA							30	11:00-11:45 (s. cardio) OMNIA
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	10:00-10:45 (sala 1) TONO		
18:00	18:30 - 19:15 (Sala 1) HIIT	18:30 - 19:15 (Sala 8) CORPORE	18:30 - 19:15 (sala 1) CXWORD			30	11:00 - 11:45 (sala 1) ZUMBA	
	18:30 - 19:15 (Sala 8) HIPOPRESIUS /ABD	18:30 - 19:15 (Sala 1) BODYCOMBAT	18:30 - 19:15 (Sala 8) HIPOPRESIUS /ABD	19:00 - 19:45 (Sala cardio) OMNIA	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		30		
	19:30 - 20:15 (sala 3) CYCLING	19:30 - 20:15 (sala 8) ZUMBA	19:30 - 20:15 (SALA CARDIO) OMNIA	19:30 - 20:15 (sala 3) CYCLING	19:30 - 20:15 (sala 8) ZUMBA			
AQUÀTIQUES								
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			

LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALEVOL CANVI.