



ACTIVITATS DIRIGIDES SETMANA SANTA

| HORA | DILLUNS 30 | DIMARTS 31 | DIMECRES 1 | DIJOUS 2 | DIVENDRES 3 |
|-------------------|--|---|---|---|---|
| 7:00 | | 07:00 - 07:45 (sala 1) GAC | 07:00 - 07:45 (sala 1) TONO | | D I V E N D R E S S A N T |
| 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) TONO | |
| 9:00 | 09:30 - 10:15 (sala1) 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 8) MASTER TONO | | | | |
| 10:00 | 10:30 - 11:00 (sala 1) ABD | | 10:30 - 11:00 (sala 1) ABD | | |
| MIGDIA | | | | | |
| 13:00 | 13:30 - 14:15 (sala 1) BODYPUMP | 13:30 - 14:15 (sala 3) CYCLING | 13:30 - 14:15 (sala 1) HIIT | 13:30 - 14:15 (sala 3) CYCLING | |
| 15:00 | 15:15 - 16:00 (SALA CARDIO) OMNIA | | 15:15 - 16:00 (sala 1) BODYPUMP | | |
| TARDA | | | | | |
| 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 | |
| 18:00 | 18:30 - 19:15 (Sala 1) HIIT | 18:30 - 19:15 (sala 1) CORE | 18:30 - 19:15 (sala 1) CORE | | |
| | | 18:30 - 19:15 (Sala 3) CYCLING | | 18:30 - 19:15 (sala 1) BODYCOMBAT | |
| 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 3) CYCLING | 19:30 - 20:15 (sala 8) ZUMBA | 19:30 - 20:15 (SALA CARDIO) OMNIA | | |
| AQUÀTIQUES | | | | | |
| HORA | DILLUNS 30 | DIMARTS 31 | DIMECRES 1 | DIJOUS 2 | DIVENDRES 3 |
| 8:00 | 08:00 - 08:45 Aqua Dynamic | | 08:00 - 08:45 Aqua Dynamic | | D I V E N D R E S S A N T |
| 9:00 | 09:15 - 10:00 Aqua Dynamic | 09:15 - 10:00 Aquagym | 09:15 - 10:00 Aqua Dynamic | 09:15 - 10:00 Aquagac | |
| 11:00 | 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 | |

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| AQUÀTIQUES | CARDIOVASCULAR | COREOGRAFIADES | BODY-MIND | TONIFICACIÓ MUSCULAR |
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LA DIRECCIÓ ES RESERVA EL DRET DE FER QUALSEVOL CANVI.