



Horaris d'activitats dirigides

a partir del 10 de gener de 2022

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres
8.00h	8.45h	Sala 1		ZUMBA FITNESS	CTC	BALANCE	
8.00h	8.45h	Cycling	CyclingVIRTUAL		CyclingVIRTUAL		CyclingVIRTUAL
8.15h	8.45h	Sala fitness	CORE				
9.00h	9.45h	Sala 1	BODYPUMP		PILATES	GAC	ZUMBA FITNESS
9.00h	9.45h	Sala 2	GIM. SUAU	GIM. SUAU	GIM. SUAU	GIM. SUAU	GIM. SUAU
9.00h	9.45h	Cycling	CyclingVIRTUAL	CYCLING	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
9.00h	9.45h	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM
9.15h	9.45h	Sala fitness		HIIT			
10.00h	10.45h	Sala 1	FITDANCE	ESTIRAMENTS	BODY COMBAT	PILATES	CTC
10.00h	10.45h	Sala 2	GIM. SUAU	z*	GIM. SUAU	REHABILITACIÓ*	GIM. SUAU
10.00h	10.45h	Cycling		CyclingVIRTUAL		CYCLING	CyclingVIRTUAL
10.00h	10.45h	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
10.15h	10.45h	Sala fitness			SYNRGY		
11.00h	11.45h	Sala 1	PILATES	BODYPUMP	BALANCE	ZUMBA FITNESS	
11.00h	11.45h	Cycling	CyclingVIRTUAL		CyclingVIRTUAL		CyclingVIRTUAL
11.15h	11.45h	Sala fitness		HIPOPRESSIUS			
11.15h	12.00h	Piscina	AIGUA I SALUT*	AIGUA I SALUT*	AIGUA I SALUT*	AIGUA I SALUT*	AIGUA I SALUT*
12.15h	12.45h	Sala fitness	SYNRGY		CORE		
14.00h	14.45h	Cycling	CyclingVIRTUAL		CyclingVIRTUAL		CyclingVIRTUAL
15.00h	15.45h	Cycling		CyclingVIRTUAL		CyclingVIRTUAL	
16.00h	16.45h	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
17.15h	17.45h	Sala fitness	ESTIRAMENTS	HIIT	HIPOPRESSIUS	SYNRGY	HIIT
17.15h	18.00h	Cycling	CyclingVIRTUAL		CyclingVIRTUAL	CyclingVIRTUAL	
18.00h	18.45h	Sala 1	BODYPUMP	EXTREM CORE	ZUMBA FITNESS	BALANCE	
18.00h	18.45h	Sala 2	PILATES		CTC	GAC	
18.00h	18.45h	Cycling		CYCLING		CyclingVIRTUAL	CYCLING
18.15h	18.45h	Sala fitness	CORE		SYNRGY		CORE
19.00h	19.45h	Sala 1	EXTREMFIT	BODY COMBAT	BODYPUMP	EXTREMFIT	BODYPUMP
19.00h	19.45h	Sala 2	ZUMBA FITNESS	PILATES			
19.00h	19.45h	Cycling	CYCLING		CYCLING		CyclingVIRTUAL
19.15h	19.45h	Sala fitness	SYNRGY	CORE	ESTIRAMENTS	CORE	ESTIRAMENTS
20.00h	20.45h	Sala 1	BODY COMBAT		GAC		
20.00h	20.45h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL		CyclingVIRTUAL	
20.00h	20.45h	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	

* Activitats NO incloses a la quota

Cap de setmana

Inici	Fi	Espai	Dissabte	Diumenge
10.00h	10.45h	Sala 1	PILATES	
10.15h	11.00h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL
11.00h	11.45h	Sala 1	BODYPUMP	
11.00h	11.45h	Piscina	AIGUAGIM	AIGUAGIM
11.15h	12.00h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL
12.15h	12.45h	Sala fitness	SYNRGY	
12.15h	13.00h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL

La Direcció podrà, quan ho consideri necessari o per causes alienes al centre, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat de substitució.