

INICI	FI	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8:00h	8:55h	SALA 1	PILATES	C.T.C	ZUMBA FITNESS	CORE/ESTIRAM.	
7:45h	8:00h	FITNESS			HIPOPRESSIUS		
8:00h	8:45h	S. CYCLING	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL
9:00h	9:55h	SALA 1	ZUMBA FITNESS	BODYPUMP	EQUILIBRIUM	BODYPUMP	ZUMBA FITNESS
9:00h	9:55h	SALA 2	GIM SUAU	GIM SUAU	GIM SUAU	GIM SUAU	GIM SUAU
9:00h	9:45h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM
9:10h	9:55h	S. CYCLING	CYCLING	Cycling VIRTUAL	CYCLING	Cycling VIRTUAL	Cycling VIRTUAL
10:00h	10:55h	SALA 1	BODYPUMP	ESTIRAMENTS	ZUMBA FITNESS	ESTIRAMENTS	PILATES
10:00h	10:15h	FITNESS	HIPOPRESSIUS		HIPOPRESSIUS		
10:10h	10:55h	S. CYCLING	Cycling VIRTUAL	CYCLING	Cycling VIRTUAL	Cycling VIRTUAL	CYCLING
10:00h	10:55h	SALA 2	GIMSUAU		GIM SUAU		GIM SUAU
10:00h	10:45h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
11:00h	11:55h	SALA 1	PILATES	C.T.C	PILATES	ZUMBA FITNESS	BODYPUMP
11:00h	11:15h	FITNESS	ABDOMINALS	FUNCIONAL	HIPOPRESSIUS	ABDOMINALS	HIPOPRESSIUS
11:30h	12:15h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
12:00h	12:45h	S. CYCLING		Cycling VIRTUAL		Cycling VIRTUAL	
14:00h	14:45h	S. CYCLING	Cycling VIRTUAL		Cycling VIRTUAL		Cycling VIRTUAL
15:10h	16:05h	SALA 1	ZUMBA FITNESS		BODYPUMP		
15:00h	15:45h	S. CYCLING		Cycling VIRTUAL		Cycling VIRTUAL	
16:00h	16:45h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
17:00h	17:55h	SALA 1	C.T.C	EQUILIBRIUM	C.T.C	CORE/ESTIRAM.	
18:00h	18:55h	SALA 1	BODYPUMP		ZUMBA FITNESS	BODYPUMP	SH'MOVE
18:00h	18:55h	SALA 2		C.T.C			
18:15h	19:00h	S. CYCLING	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	CYCLING
18:30h	19:25h	SALA 2	STEP		BODYCOMBAT	PILATES	
18:30h	19:25h	SALA 1		SH'MOVE			
19:00h	19:15h	FITNESS	CORE	FUNCIONAL		FUNCIONAL	
19:00h	19:55h	SALA 1	ZUMBA FITNESS		PILATES	ZUMBA FITNESS	BODYPUMP
19:00h	19:55h	SALA 2		EQUILIBRIUM			
19:15h	20:00h	S. CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	Cycling VIRTUAL
19:30h	20:25h	SALA 2	BODYCOMBAT		CORE 30'	C.T.C	
19:30h	20:25h	SALA 1		BODYPUMP			
20:00h	20:30h	SALA 2			SH'MOVE 30'		
20:00h	20:15h	FITNESS	FUNCIONAL	ABDOMINALS	FUNCIONAL	ABDOMINALS	FUNCIONAL
20:00h	20:55h	SALA 1	PILATES				
20:30h	21:15h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
20:30h	21:00h	SALA 1		CrossFit		CrossFit	
20:30h	21:15h	S. CYCLING	Cycling VIRTUAL		Cycling VIRTUAL		

HORARI D'ACTIVITATS DIRIGIDES CAP DE SETMANA

Vàlid des del 8 de gener de 2018

INICI	FI	ESPAI	DISSABTE	DIUMENGE
10:00h	10:45h	S. CYCLING		Cycling VIRTUAL
10:00h	11:00h	SALA 1	BODYPUMP	
11:15h	12:00h	S. CYCLING	CYCLING	Cycling VIRTUAL
11:00h	11:45h	PISCINA	AIGUAGIM	AIGUAGIM
12:15h	13:00h	S. CYCLING	Cycling VIRTUAL	Cycling VIRTUAL
17:00h	17:45h	S. CYCLING	Cycling VIRTUAL	
18:00h	18:45h	S. CYCLING	Cycling VIRTUAL	

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.