

INICI	FI	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8:00h	8:55h	SALA 1	PILATES	C.T.C	ZUMBA	CORE/ESTIRAM.	
8:00h	8:45h	S. CYCLING	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL
9:00h	9:55h	SALA 1	ZUMBA	BODYPUMP	BALANCE	BODYPUMP	ZUMBA
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	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	BODYPUMP
11:00h	11:15h	FITNESS	ABDOMINALS	E. 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
15:00h	15:55h	SALA 1	ZUMBA		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		C.T.C	CORE/ESTIRAM.	
17:00h	17:55h	SALA 2		BALANCE			
17:15h	18:00h	S. CYCLING	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	
18:00h	18:55h	SALA 1	BODYPUMP		ZUMBA	BODYPUMP	FITDANCE
18:00h	18:55h	SALA 2		E. FUNCIONAL			
18:00h	18:15h	FITNESS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS	
18:15h	19:00h	S. CYCLING	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	Cycling VIRTUAL	CYCLING
18:30h	19:25h	SALA 2	C.T.C		BODYCOMBIT	E. FUNCIONAL	
18:30h	19:25h	SALA 1		FITDANCE			
19:00h	19:15h	FITNESS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS	
19:00h	19:55h	SALA 1	ZUMBA		PILATES	ZUMBA	BODYPUMP
19:00h	19:55h	SALA 2		GAC			
19:15h	20:00h	S. CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	Cycling VIRTUAL
19:30h	20:25h	SALA 2	BODYCOMBIT		CORE 30'	PILATES	
19:30h	20:25h	SALA 1		BODYPUMP			
20:00h	20:30h	SALA 2			FITDANCE 30'		
20:00h	20:15h	FITNESS	FUNCIONAL	ABDOMINALS	FUNCIONAL	ABDOMINALS	
20:00h	20:55h	SALA 1	PILATES				
20:15h	21:00h	S. CYCLING	Cycling VIRTUAL		Cycling VIRTUAL		
20:30h	21:15h	SALA 1		EXTREM FIT		EXTREM FIT	
20:30h	21:15h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	

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.

