

# HORARI ACTIVITATS DIRIGIDES

## Vàlid desde el 4 de juliol 2011

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
07:10H - 08:00H	SALA 1		CARDIO TONO		BODY PUMP		
07:15H - 08:05H	SALA CYCLING	CICLISME INDOOR		CICLISME INDOOR		CICLISME INDOOR	
08:05H - 08:55H	PISCINA		AIGUA STEP		AIGUA FITNESS		
08:10H - 09:00H	SALA 1	GAC		CARDIO TONO			
09:30H - 10:00H	FITNESS					ABDOMINALS	
09:30H - 10:20H	SALA 1	CARDIO TONO		BODY PUMP		GAC	
09:30H - 10:20H	PISCINA	AIGUA FITNESS		AIGUA STEP	ADAPTIVAQUA active		
10:30H - 11:20H	SALA 1		GAC		CARDIO TONO		STEP
10:30H - 11:20H	SALA 2	GIM GLOBAL	GIM GLOBAL	GIM GLOBAL	GIM GLOBAL		
10:30H - 11:20H	PISCINA	AIGUA FITNESS	AIGUA FITNESS	AIGUA FITNESS			
10:30H - 11:20H	SALA CYCLING	CICLISME INDOOR		CICLISME INDOOR		CICLISME INDOOR	
11:30H - 12:20H	SALA 1						BODY PUMP
11:30H - 12:20H	PISCINA	AIGUA FITNESS	ADAPTIVAQUA active	AIGUA FITNESS	AIGUA FITNESS	AIGUA FITNESS	
11:30H - 12:20H	SALA 2	IOGA		IOGA		IOGA	
11:30H - 12:20H	SALA CYCLING						CICLISME INDOOR
12:30H - 13:20H	SALA CYCLING						CICLISME INDOOR
12:50H - 13:40H	PISCINA						AIGUA FITNES
13:30H - 14:00H	FITNESS						ESTIRAMENTS
13:30H - 14:20H	SALA CYCLING		CICLISME INDOOR		CICLISME INDOOR		
14:15H - 15:05H	SALA CYCLING	CICLISME INDOOR		CICLISME INDOOR		CICLISME INDOOR	
14:30H - 15:20H	SALA 1	BODY COMBAT	BODY PUMP	BODY ATTACK	STEP	GAC	
14:30H - 15:20H	SALA CYCLING		CICLISME INDOOR		CICLISME INDOOR		
14:30H - 15:20H	PISCINA	ADAPTIVAQUA sport		AIGUA STEP			
15:00H - 15:30H	FITNESS			ABDOMINALS			
15:30H - 16:00H	FITNESS	ESTIRAMENTS					
15:30H - 16:20H	SALA 1		GAC		BODY PUMP	TONO	
15:30H - 16:20H	SALA 2	IOGA	* PILATES		* PILATES		
15:30H - 16:20H	SALA CYCLING	CICLISME INDOOR		CICLISME INDOOR			
16:30H - 17:20H	SALA 1	CARDIO TONO	BODY PUMP	GAC	PILATES		
17:30H - 18:20H	SALA 1	GAC	CARDIO TONO	PILATES	BODY PUMP		
18:00H - 19:00H	SALA 2	*IOGA		*IOGA			
18:30H - 19:20H	SALA 1	STEP	TONO	BODY BALANCE	CARDIO TONO	BODY PUMP	
18:30H - 19:20H	SALA CYCLING	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	
18:30H - 19:25H	SALA 2		* PILATES				
19:30H - 20:20H	SALA 1	BODY ATTACK	BODY PUMP	STEP	GAC		
19:30H - 20:20H	SALA 2	PILATES					
19:30H - 20:20H	SALA CYCLING	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	
19:30H - 20:20H	PISCINA	AIGUA FITNESS	AIGUA STEP	AIGUA FITNESS	ADAPTIVAQUA sport	AIGUA FITNESS	
20:00H - 20:30H	FITNESS		ESTIRAMENTS		ABDOMINALS		
20:30H - 21:20H	SALA 1	GAC	BODY COMBAT	ESTILS	BODY BALANCE		
20:30H - 21:20H	SALA CYCLING	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR		

\* activitat no inclosa a la quota

ACTIVITATS WELLNESS	COS	Wellness TONIFICACIÓ	Intensitat
		Wellness LÍNIA	Control de Pes
		Wellness RITME	Coreografia
	COS I MENT	Wellness EQUILIBRI	Relax

