

HORARI ACTIVITATS DIRIGIDES

Vàlid desde el 5 de setembre 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		BODY BALANCE	
09:30h - 10:00h	FITNESS		ESTIRAMENTS			ABDOMINALS	
09:30h - 10:20h	SALA 1	CARDIO TONO	STEP	TONO	BODY PUMP	GAC	
09:30h - 10:20h	SALA 2	PILATES					
09:30h - 10:20h	PISCINA	AIGUA FITNESS			ADAPTIVaqua-active	AIGUA STEP	
10:30h - 11:20h	SALA 1		GAC	ESTILS	BODY COMBAT	TONO	STEP
10:30h - 11:20h	SALA 2	GIM GLOBAL	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 - 12:00h	FITNESS	ABDOMINALS					
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 1			PILATES			
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		ADAPTIVaqua-extrem	
15:00h - 15:30h	FITNESS			ABDOMINALS			
15:30h - 16:00h	FITNESS	ESTIRAMENTS					
15:30h - 16:20h	SALA 1	ESTILS	GAC	BODY BALANCE	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		BODY BALANCE	PILATES	
17:30h - 18:20h	SALA 1	GAC	CARDIO TONO	PILATES	BODY PUMP		
18:00h - 19:00h	SALA 2	*IOGA		*IOGA		* HIP-HOP infantil	
18:30h - 19:20h	SALA 1	STEP	TONO	BODY BALANCE	CARDIO TONO	BODY PUMP	
18:30h - 19:25h	SALA 2		* PILATES				
18:30h - 19:20h	SALA CYCLING	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	CICLISME INDOOR	
19:30h - 20:20h	SALA 1	BODY ATTACK	BODY PUMP	STEP	GAC	BODY COMBAT	
19:30h - 20:20h	SALA 2	PILATES	RITMES LLATINS	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	BODY PUMP	
20:30h - 21:20h	SALA 2			IOGA			
20:30h - 21:20h	PISCINA		ADAPTIVaqua-extrem		AIGUA STEP		
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

