

Horari d'Activitats Dirigides

Horari	Durada	Dilluns	Lloc	Tècnic	Dimarts	Lloc	Tècnic	Dimecres	Lloc	Tècnic	Dijous	Lloc	Tècnic	Divendres	Lloc	Tècnic	Dissabte	Lloc	Tècnic	Diumenge	Lloc	Tècnic			
FRANJA MATINS																									
7:00	45'				DESPI WALKING	S.2	Ever	CROSS TRAINING	EST	Joel															
7:30	30'																								
7:30	45'										DESPI WALKING	S.2	Omar												
7:45	15'							ABDOMINALS	S.3	Joel															
8:00	55'				DANCE FIT	S.1	Ever																		
8:15	45'	BODY COMBAT	S.1	Joel																					
8:15	55'							BODYPUMP	S.1	Laura															
8:30	45'										CROSS TRAINING	EST	Omar												
8:30	45'										AQUADYNAMIC	PM	Laura				DESPI WALKING	S.2	Jordi						
9:00	30'	TBC	S.3	Joel																					
9:00	55'										CIRCUIT TRAINING	S.3	Joel												
9:15	45'				CIRCUIT TRAINING	S.3	Omar																		
9:15	15'										ABDOMINALS	EST	Omar												
9:15	30'	BODY BALANCE	S.4	Juan										DESPI WALKING	S.2	Juan	ABDOMINALS	S.3	Jordi						
9:30	45'	CROSS TRAINING	EST	Joel	DESPI WALKING	S.2	Ever	DESPI WALKING	S.2	Fer	DESPI WALKING	S.2	Omar									DESPI WALKING	S.2	Ever	
9:30	55'													BODY COMBAT	S.3	Joel									
10:00	30'	ABDOMINALS	S.3	Juan	ESTIRAMENTS	S.4	Char	ESTIRAMENTS	S.4	Laura	ZUMBA	S.1	Laura	DANCE FIT	S.4	Ever									
10:00	55'				CROSS TRAINING	EST	Omar							ABDOMINALS	EXT	Juan									
10:15	30'										GAC	EXT	Omar												
10:15	55'													BODYPUMP	S.1	Juan							DANCE FIT	S.4	Ever
10:30	55'				DANCE FIT	S.1	Char	ZUMBA	S.1	Laura	ESTIRAMENTS	S.3	Laura	PILATES	S.3	Pilar									
10:30	30'	GAC	S.1	Juan	ABDOMINALS	S.3	Omar																		
11:30	55'	PILATES	S.4	Pilar	PILATES	S.4	Pilar	PILATES	S.4	Pilar				PILATES	S.4	Pilar							FIT FAMILY	S.3	Ever

FRANJA MIG DIA																									
15:15	45'				INDOOR TRAINING	+S.2 EXT	Victor.B							AQUADYNAMIC	PM	Núria									
15:15	55'				PILATES	S.3	Pilar	CIRCUIT TRAINING	S.3	Victor	PILATES	S.3	Pilar												
15:30	30'	TBC	S.3	Victor																					
15:30	55'				HIIT	S.1	Ever	BODYPUMP	S.1	Juan				FUNCIONAL	S.1	Joel									
16:00	30'				PILATES	S.4	Pilar				BODY COMBAT	S.1	Joel	PILATES	S.4	Alicia									
16:00	30'				ABDOMINALS	S.1	Ever	BODY BALANCE	S.4	Juan				ABDOMINALS	S.3	Joel									

FRANJA DE TARDA																									
17:30	55'	PILATES	S.4	Pilar	PILATES	S.4	Pilar	PILATES	S.4	Pilar															
18:00	30'										DESPI WALKING	S.2	Ever	CIRCUIT TRAINING	S.1	Victor									
18:00	45'	CROSS TRAINING	EST	Omar	CROSS TRAINING	EST	Ever																		
18:00	55'	TBC	EXT	Victor							DESPI WALKING ENT. INTERVALIC	EXT	Victor	BODY BALANCE	S.1	Char									
18:30	30'				ABDOMINALS	S.3	Juan							ABDOMINALS	EXT	Ever	ABDOMINALS	S.3	Victor						
18:30	30'				HIIT	EXT	Juan																		
19:00	55'	DANCE FIT	S.4	Char	DANCE FIT	S.1	Ever	BODYPUMP	S.1	Juan				BODYPUMP	S.1	Ever									
19:00	30'	CIRCUIT TRAINING	S.1	Victor	PILATES	S.4	Pilar	BODY COMBAT	S.3	Joel	DANCE FIT	S.4	Char												
19:00	30'	BODY COMBAT	S.3	Joel																					
19:30	45'	DESPI WALKING	S.2	Omar	DESPI WALKING	S.2	Juan				HIIT	S.3	Ever	DESPI WALKING	S.2	Juan									
19:30	30'										ABDOMINALS	EXT	Ever												
19:40	45'				AQUADYNAMIC	PM	Elena				AQUADYNAMIC	PM	Elena												
20:00	30'	ABDOMINALS	EXT	Char	FUNCIONAL	EXT	Ever	CIRCUIT TRAINING	EXT	Juan															
20:00	55'	RUNNING	EXT	Joel				RUNNING	EXT	Joel	BODYPUMP	S.1	Juan												
20:15																									
20:30	55'	PILATES	S.4	Pilar	PILATES	S.4	Pilar	PILATES	S.4	Char															
20:30	30'	BODYPUMP	S.1	Char	BODYPUMP	S.1	Ever																		
20:30	30'							BODY BALANCE	S.1	Juan															

Horari d'Activitats Aquàtiques Dirigides

Horari	Durada	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7.15	45'	AIGUAGIM	Carlos					
8.00	45'	AIGUAGIM	Carlos					
8.15	55'		AIGUAGIM	Omar	AIGUAGIM	Joel		
12.30	45'							AIGUAFAMILY
14.45	45'				AIGUAGIM	Xavi		
15.15	55'	AIGUAGIM	Carlos	AIGUAGIM	Xavi	AIGUAGIM	Elena	
15.30	45'				AIGUAGIM	Xavi		
18.50	45'	AIGUAFAMILY	Xavi	AIGUAGIM	Elena	AIGUAFAMILY	Carlos	
19.40	45'	AIGUAGIM	Xavi		AIGUAGIM	Carlos		