Horari d'Activitats Dirigides:

DEL 1 AL 7 DE JUNY

DESPIesport

POLIESPORTIU FRANCESC CALVET

Activitat Cos - Ment | Activitat Dance - Ball | Activitat Tonificació | Act. d'alt consum calòric | Activitats Aquàtiques

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:15 Sala 1 CROSS TRAINING 45' Toni	7:15 Sala 2 DESPI WALKING 45' Alex O	8:30 Sala 1 BODYPUMP 55' Laura	7:30 Sala 2 DESPI WALKING 45' Fran	7:30 Sala 2 DESPI WALKING 30' Luis	8:30 Sala 2 DESPI WALKING 45' Luis	9:30 Sala 2 INDOOR TRAINING 45' Leo
8:00 Sala 1 ABDOMINALS 30' Toni	8:00 Sala 1 ABDOMINALS 30' Alex O	9:30 Sala 1 EST. I MOBILITAT 55' Laura	8:30 Sala 1 TBC 55' Fran	8:00 Sala 1 BODYPUMP 55' Luis	9:15 Sala 1 CROSS TRAINING 45' Luis	10:15 Sala 1 ABDOMINALS 30' Leo
8:30 Sala 1 GAC 45' Toni	8:30 Sala 1 TBC 55' Alex O	9:30 Sala 2 INDOOR TRAINING 45' Luis	9:00 Sala 3 TAI-TXI 55' Vladimir	9:00 Sala 1 EST. I MOBILITAT 30' Edu	10:00 Sala 1 ABDOMINALS 30' Luis	10:45 Sala 1 GAC 45' Leo
9:30 Sala 1 CROSS TRAINING 45' Toni	9:30 Sala 2 DESPI WALKING 45' Alex O	10:30 Sala 3 ZUMBA 55' Laura	9:30 Sala 2 DESPI WALKING 45' Fran	9:30 Sala 4 PILATES 55' Pilar	10:30 Sala 1 BODYPUMP 55' Luis	
9:30 Sala 2 INDOOR TRAINING 45' Leo	9:30 Solàriun TAI-TXI 55' Vladimir	10:30 Sala 1 BODYPUMP HEAVY 55' Alex O	9:30 Sala 1 GAC SILVER 55' Laura	9:30 Sala 2 DESPI WALKING 30' Alex O		
10:30 Sala 1 BODYPUMP 55' Leo	10:15 Sala 1 CROSS TRAINING 45' Alex O	11:30 Sala 4 PILATES 55' Pilar	10:00 Sala 3 PILATES 55' Ana	9:30 Sala 1 CROSS TRAINING 45' Edu		
11:15 Sala 3 PILATES 55' Pilar	10:30 Sala 4 PILATES 55' Pilar		10:15 Sala 2 ABDOMINALS 30' Fran	10:00 Sala 2 ABDOMINALS 30' Alex O		
	11:30 Sala 4 PILATES 55' Pilar		10:30 Sala 1 BODYBALANCE 55' Laura	10:30 Sala 1 BODYPUMP HEAVY 55' Alex O		
			11:00 Sala 4 PILATES 55' Ana	10:30 Sala 4 PILATES 55' Pilar		

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
15:15 Sala 1 TBC 55' Victor	15:30 Sala 1 BODYPUMP 55' Luis	15:15 Sala 3 CIRCUIT TRAINING 45' Victor	15:15 Sala 1 CIRCUIT TRAINING 45' Leo	15:30 Sala 4 PILATES 55' Pilar		
15:30 Sala 4 PILATES 55' Pilar	15:30 Sala 4 PILATES 55' Ana	15:15 Sala 1 BODYPUMP 55' Fran	15:30 Sala 3 TAI-TXI 55' Vladimir	15:30 Sala 1 TÀBATA 30' Victor		
		16:00 Sala 3 EST. I MOBILITAT 30' Victor		16:00 Sala 1 ABDOMINALS 30' Victor		

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
16:30 Sala 4 PILATES 55' Pilar	16:30 Sala 4 PILATES 55' Ana	17:00 Sala 4 PILATES 55' Pilar	17:00 Sala 3 TAI-TXI ENERGY 55' Vladimir	16:15 Sala 1 DESPIDANCE 55' Fran		
18:00 Sala 3 TBC 55' Victor	18:00 Sala 1 CROSS TRAINING 55' Leo	18:00 Sala 1 PILATES 55' Pilar	17:00 Sala 1 EST. I MOBILITAT 30' Toni	17:15 Sala 1 CROSS TRAINING 45' Alex O		
18:00 sala 1 CROSS TRAINING 55' Luis	18:00 Sala 2 DESPI WALKING 45' Alex O	18:00 Sala 3 CIRCUIT TRAINING 45' Victor	17:30 Sala 1 STRONG 30' Toni	18:00 Sala 4 PILATES 55' Ana		
19:00 Sala 2 DESPI WALKING 45' Luis	18:45 Sala 3 ABDOMINALS 30' Alex O	19:00 Sala 2 DESPI WALKING 45' Enric	18:00 Sala 3 PILATES 55' Pilar	18:00 Sala 3 CROSS TRAINING 30' Victor		
19:00 Sala 3 CIRCUIT TRAINING 45' Victor	19:00 Sala 1 BODYPUMP 55' Leo	19:00 Sala 1 DESPIDANCE 55' Fran	18:00 Sala 2 DESPI WALKING 30' Toni	18:00 Sala 1 GAC 45' Alex O		
20:00 Sala 1 BODYPUMP 55' Luis	19:15 Sala 2 INDOOR TRAINING 45' Alex O	19:00 Sala 3 BODYCOMBAT 55' Leo	18:00 Sala 1 BODYCOMBAT 55' Leo	18:30 Sala 3 ABDOMINALS 30' Victor		
20:30 Sala 4 DESPIDANCE 55' Fran	19:30 Sala 4 BODYBALANCE 55' Laura	20:00 Sala 2 INDOOR TRAINING 45' Victor	18:30 Sala 2 ABDOMINALS 30' Toni	19:00 Sala 1 BODYPUMP HEAVY 55' Alex O		
20:30 Sala 3 BODYCOMBAT 55' Leo	19:30 Sala 3 PILATES 55' Alicia	20:00 Sala 1 BODYPUMP 55' Fran	19:00 Sala 3 TÀBATA 30' Toni			
	20:00 Sala 1 ZUMBA 55' Berta		19:30 Sala 1 BODYPUMP 55' Toni			
	20:00 Sala 2 GAC 30' Alex O		19:30 Sala 4 PILATES 55' Pilar			
	20:30 Sala 4 PILATES 55' Alicia					

Horari d'Activitats Aquàtiques

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:30 AQUAFITNESS 45' Fran	7:30 AQUAFITNESS 45' Carlos	7:30 AQUAFITNESS 50' Carlos		7:30 AQUAFITNESS 45' Alex O		
8:15 AQUAFITNESS 50' Fran	8:15 AQUAFITNESS 50' Carlos	8:15 AQUAFITNESS 50' Carlos	8:30 AQUAFITNESS 45' Laura	8:15 AQUAFITNESS 50' Alex O		
15:15 AQUAFITNESS 50' Laia	15:15 AQUAFITNESS 50' Laia	15:15 AQUADYNAMIC 45' Laia	15:15 AQUAFITNESS 50' Carlos	15:15 AQUAFITNESS 50' Laia		
18:50 AQUADYNAMIC 45' Laia	18:50 AQUAFITNESS 45' Laia	18:50 AQUAFITNESS 45' Laia	18:50 AQUADYNAMIC 45' Laia			
19:40 AQUAFITNESS 45' Carla	19:40 AQUAFITNESS 45' Carla	19:40 AQUAFITNESS 45' Pol	19:40 AQUAFITNESS 45' Carlos			

Els Poliesportius es reserven el dret de poder canviar les activitats i els monitors/es en funció de les necessitats del servei, fins i tot anul·lar en cas de extrema necessitat.

Poliesportiu Francesc Calvet: