



Horari d'Activitats Dirigides:

8 DE JUNY AL 19 JULIOL



Activitat Cos - Ment		Activitat Dance - Ball		Activitat Tonificació		Act. d'alt consum calòric		Activitats Aquàtiques	
Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge	Dilluns	Dimarts	Dimecres
7:15 Sala 1 CROSS TRAINING 45' Adri	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 GAC 30' Adri	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 EST. I MOBILITAT 45' Adri	8:30 Sala 1 TBC 55' Alex O	9:30 Sala 2 INDOOR TRAINING 45' Luis	9:00 Sala 3 TAI-TXI 55' Vladim ir	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 2 INDOOR TRAINING 45' Leo	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				
10:30 Sala 1 BODYPUMP 55' Leo	9:30 Solàrium TAI-TXI 55' Vladim ir	10:30 Sala 1 BODYPUMP HEAVY 55' Alex O	9:30 Sala 1 GAC SILVER 55' Laura	9:30 Sala 2 DESPI WALKING 30' Luis					
11:15 Sala 3 PILATES 55' Pilar	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					
	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' Vladim ir	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' Vladim ir	16:15 Sala 1 DESPIDANCE 55' Fran		
18:00 Sala 3 TBC 55' Victor	17:00 Sala 1 BODYBALANCE 55' Laura	18:00 Sala 1 PILATES 55' Pilar	17:00 Sala 1 EST. I MOBILITAT 30' Alex O	17:15 Sala 1 CROSS TRAINING 45' Alex O		
18:00 Sala 1 CROSS TRAINING 55' Luis	18:00 Sala 1 CROSS TRAINING 55' Leo	18:00 Sala 3 CIRCUIT TRAINING 45' Victor	17:30 Sala 1 STRONG 30' Alex O	18:00 Sala 4 PILATES 55' Ana		
19:00 Sala 2 DESPI WALKING 45' Luis	18:00 Sala 2 DESPI WALKING 45' 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	18:45 Sala 3 ABDOMINALS 30' Alex O	19:00 Sala 1 DESPIDANCE 55' Fran	18:00 Sala 2 DESPI WALKING 30' Alex O	18:00 Sala 1 GAC 45' Alex O		
20:00 Sala 1 BODYPUMP 55' Luis	19:00 Sala 1 BODYPUMP 55' Leo	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	19:15 Sala 2 INDOOR TRAINING 45' Alex O	20:00 Sala 2 CROSS TRAINING 45' Victor	18:30 Sala 2 ABDOMINALS 30' Alex O	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' Alex O			
	20:00 Sala 1 ZUMBA 55' Berta	20:00 Sala 3 ZUMBA 55' Berta	19:30 Sala 1 BODYPUMP HEAVY 55' Alex O			
	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 Fran AQUAFITNESS 45'	7:30 Carlos AQUAFITNESS 45'	7:30 Carlos AQUAFITNESS 50'		7:30 Alex O AQUAFITNESS 45'		
8:15 Fran AQUAFITNESS 50'	8:15 Carlos AQUAFITNESS 50'	8:15 Carlos AQUAFITNESS 50'	8:30 Laura AQUAFITNESS 45'	8:15 Alex O AQUAFITNESS 50'		
15:15 Laia AQUAFITNESS 50'	15:15 Laia AQUAFITNESS 50'	15:15 Laia AQUADYNAMIC 45'	15:15 Carlos AQUAFITNESS 50'	15:15 Laia AQUAFITNESS 50'		
18:50 Laia AQUADYNAMIC 45'	18:50 Laia AQUAFITNESS 45'	18:50 Laia AQUAFITNESS 45'	18:50 Laia AQUADYNAMIC 45'			
19:40 Carla AQUAFITNESS 45'	19:40 Carla AQUAFITNESS 45'	19:40 Pol AQUAFITNESS 45'	19:40 Carlos AQUAFITNESS 45'			

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:

