# Horari d'Activitats Dirigides:

# 20 AL 31 DE JULIOL

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 CROSS TRAINING 45' Sala 1 Adri | 7:15 DESPI WALKING 45' Sala 2 Alex O | 8:30 BODYPUMP 55' Sala 1 Laura | 7:30 DESPI WALKING 45' Sala 2 Jordi | 7:30 DESPI WALKING 30' Sala 2 Edu | 8:30 DESPI WALKING 45' Sala 2 Enric | 9:30 INDOOR TRAINING 45' Sala 2 Leo |
| 8:00 GAC 30' Sala 1 Adri | 8:00 ABDOMINALS 30' Sala 1 Alex O | 9:30 EST. I MOBILITAT 55' Sala 1 Laura | 8:30 TBC 55' Sala 1 Jordi | 8:00 TBC 55' Sala 1 Edu | 9:15 CROSS TRAINING 45' Sala 1 Enric | 10:15 ABDOMINALS 30' Sala 1 Leo |
| 8:30 EST. I MOBILITAT 45' Sala 1 Adri | 8:30 TBC 55' Sala 1 Alex O | 9:30 INDOOR TRAINING 45' Sala 2 Alex O | 9:00 TAI-TXI 55' Sala 3 Vladimir | 9:00 EST. I MOBILITAT 30' Sala 1 Edu | 10:00 ABDOMINALS 30' Sala 1 Enric | 10:45 GAC 45' Sala 1 Leo |
| 9:30 INDOOR TRAINING 45' Sala 2 Leo | 9:30 DESPI WALKING 45' Sala 2 Alex O | 10:30 ZUMBA 55' Sala 3 Laura | 9:30 DESPI WALKING 45' Sala 2 Jordi | 9:30 PILATES 55' Sala 4 Pilar | 10:30 BODYPUMP 55' Sala 1 Enric | |
| 10:30 BODYPUMP 55' Sala 1 Leo | 9:30 TAI-TXI 55' Solàriun Vladimir | 10:30 BODYPUMP HEAVY 55' Sala 1 Alex O | 9:30 GAC SILVER 55' Sala 1 Pilar | 9:30 DESPI WALKING 30' Sala 2 Luis | | |
| 11:15 PILATES 55' Sala 3 Pilar | 10:15 CROSS TRAINING 45' Sala 1 Alex O | 11:30 PILATES 55' Sala 4 Pilar | 10:00 PILATES 55' Sala 3 Ana | 9:30 CROSS TRAINING 45' Sala 1 Edu | | |
| | 10:30 PILATES 55' Sala 4 Pilar | | 10:15 ABDOMINALS 30' Sala 2 Jordi | 10:00 ABDOMINALS 30' Sala 2 Alex O | | |
| | 11:30 PILATES 55' Sala 4 Pilar | | 10:30 EST. I MOBILITAT 55' Sala 1 Pilar | 10:30 BODYPUMP HEAVY 55' Sala 1 Alex O | | |
| | | | 11:00 PILATES 55' Sala 4 Ana | 10:30 PILATES 55' Sala 4 Pilar | | |

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

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

## 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: