



Horari d'Activitats Dirigides:

1 al 13 de Setembre

DESPI^{esport}

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' Enric	7:15 Sala 2 DESPI WALKING 45' Enric	8:30 Sala 1 BODYPUMP 55' Fran	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' Enric
8:00 Sala 1 GAC 30' Enric	8:00 Sala 1 ABDOMINALS 30' Enric	9:30 Sala 1 EST. I MOBILITAT 55' Fran	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' Enric
8:30 Sala 1 EST. I MOBILITAT 45' Enric	8:30 Sala 1 TBC 55' Enric	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' Enric	10:00 Sala 1 ABDOMINALS 30' Luis	10:45 Sala 1 GAC 45' Enric
9:30 Sala 2 INDOOR TRAINING 45' Enric	9:30 Sala 2 DESPI WALKING 45' Enric	10:30 Sala 3 DESPIDANCE 55' Fran	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' Enric	9:30 Sala 3 TAI-TXI 55' Vladim ir	10:30 Sala 1 BODYPUMP 55' Luis	9:30 Sala 1 GAC SILVER 55' Pilar	9:30 Sala 2 DESPI WALKING 30' Enric		
11:15 Sala 3 PILATES 55' Pilar	10:15 Sala 1 CROSS TRAINING 45' Enric	11:30 Sala 4 PILATES 55' Pilar	10:00 Sala 3 PILATES 55' Ana	9:30 Sala 1 CROSS TRAINING 45' Luis		
	10:30 Sala 4 PILATES 55' Pilar		10:15 Sala 2 ABDOMINALS 30' Fran	10:00 Sala 2 ABDOMINALS 30' Enric		
	11:30 Sala 4 PILATES 55' Pilar		10:30 Sala 1 EST. I MOBILITAT 55' Pilar	10:30 Sala 1 BODYPUMP 55' Luis		
			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 55' Enric	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' Enric	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 EST. I MOBILITAT 55' Enric	18:00 Sala 1 PILATES 55' Pilar	17:00 Sala 1 EST. I MOBILITAT 30' Fran	17:15 Sala 1 CROSS TRAINING 45' Enric		
18:00 Sala 1 CROSS TRAINING 55' Luis	18:00 Sala 1 CROSS TRAINING 55' Alicia	18:00 Sala 3 CIRCUIT TRAINING 45' Victor	17:30 Sala 1 STRONG 30' Fran	18:00 Sala 4 PILATES 55' Ana		
19:00 Sala 2 DESPI WALKING 45' Luis	18:00 Sala 2 DESPI WALKING 45' Enric	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' Enric	19:00 Sala 1 DESPIDANCE 55' Fran	18:00 Sala 2 DESPI WALKING 30' Enric	18:00 Sala 1 GAC 45' Enric		
20:00 Sala 1 BODYPUMP 55' Luis	19:00 Sala 1 ZUMBA 55' Berta	20:00 Sala 3 BODYCOMBAT 55' Fran	18:00 Sala 1 CROSS TRAINING 45' Fran	18:30 Sala 3 ABDOMINALS 30' Victor		
20:30 Sala 4 DESPIDANCE 55' Fran	19:15 Sala 2 INDOOR TRAINING 45' Enric	20:00 Sala 2 CROSS TRAINING 45' Victor	18:30 Sala 2 ABDOMINALS 30' Enric	19:00 Sala 1 BODYPUMP 55' Enric		
	19:30 Sala 3 PILATES 55' Alicia	20:00 Sala 1 BODYPUMP 55' Enric	19:00 Sala 3 TÀBATA 30' Fran			
	20:00 Sala 1 BODYPUMP 55' Enric		19:30 Sala 1 BODYPUMP 55' Fran			
	20:30 Sala 4 PILATES 55' Alicia		19:30 Sala 4 PILATES 55' 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:

