Horari d'Activitats Dirigides: NOVEMBRE - DESEMBRE

DESPIesport

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 Luis	7:15 DESPI WALKING 45' Sala 2 Alex O	8:30 BODYPUMP 55' Sala 1 Laura	7:30 DESPI WALKING 45' Sala 2 Fran	7:30 DESPI WALKING 30' Sala 2 Luis	8:30 DESPI WALKING 45' Sala 2 Jordi	9:30 INDOOR TRAINING 45' Sala 2 Jordi
8:00 ABDOMINALS 30' Sala 1 Luis	8:00 ABDOMINALS 30' Sala 1 Alex O	9:30 EST. I MOBILITAT 55' Sala 1 Laura	8:30 TBC 55' Sala 1 Fran	8:00 BODYPUMP 55' Sala 1 Luis	9:15 CROSS TRAINING 45' Sala 1 Jordi	10:15 ABDOMINALS 30' Sala 1 Jordi
8:30 GAC 55' Sala 1 Luis	8:30 TBC 55' Sala 1 Alex O	9:30 INDOOR TRAINING 45' Sala 2 Toni	9:00 TAI-TXI 55' Sala 3 Vladimir	9:00 EST. I MOBILITAT 30' Sala 1 Edu	10:00 ABDOMINALS 30' Sala 1 Jordi	10:45 GAC 45' Sala 1 Jordi
9:30 INDOOR TRAINING 45' Sala 2 Toni	9:30 DESPI WALKING 45' Sala 2 Alex O	10:30 ZUMBA 55' Sala 3 Laura	9:30 DESPI WALKING 45' Sala 2 Fran	9:30 PILATES 55' Sala 4 Pilar	10:30 TBC 55' Sala 1 Jordi	
9:30 BODYCOMBAT 55' Sala 1 Fran	9:30 ZUMBA 55' Sala 3 Laura C	10:30 BODYPUMP 55' Sala 1 Luis	9:30 GAC SILVER 55' Sala 1 Laura	9:30 DESPI WALKING 30' Sala 2 Luis		
10:30 BODYPUMP 55' Sala 1 Fran	10:00 TAI-TXI 55' Solàriun Vladimir	11:30 PILATES 55' Sala 4 Pilar	10:00 PILATES 55' Sala 3 Laura C	9:30 CROSS TRAINING 45' Sala 1 Edu		
9:30 EST. I MOBILITAT 45' Sala 3 Luis	10:15 CROSS TRAINING 45' Sala 1 Alex O		10:15 ABDOMINALS 30' Sala 2 Fran	10:00 ABDOMINALS 30' Sala 2 Alex O		
11:15 PILATES 55' Sala 3 Pilar	10:30 PILATES 55' Sala 4 Pilar		10:30 BODYBALANCE 55' Sala 1 Laura	10:30 BODYPUMP HEAVY 55' Sala 1 Alex O		
	11:30 PILATES 55' Sala 4 Pilar		11:00 PILATES 55' Sala 4 Laura C	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 Luis	15:15 CIRCUIT TRAINING 45' Sala 3 Victor	15:15 CIRCUIT TRAINING 45' Sala 1 Edu	15:30 PILATES 55' Sala 4 Pilar		
15:30 PILATES 55' Sala 4 Pilar	15:30 PILATES 55' Sala 4 Adri	15:15 BODYPUMP 55' Sala 1 Fran	15:30 TAI-TXI 55' Sala 3 Vladimir	15:30 TÀBATA 30' Sala 1 Victor		
	15:30 TAI-TXI 55' Sala 3 Vladimir	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 Adri	17:00 PILATES 55' Sala 4 Pilar	17:00 EST. I MOBILITAT 30' Sala 1 Alex O	17:00 PILATES 55' Sala 4 Pilar		
18:00 TBC 55' Sala 3 Victor	18:00 CROSS TRAINING 55' Sala 1 Toni	18:00 PILATES 55' Sala 1 Pilar	17:30 STRONG 30' Sala 1 Alex O	17:15 CROSS TRAINING 45' Sala 1 Alex O		
18:00 CROSS TRAINING 55' sala 1 Luis	18:00 DESPI WALKING 45' Sala 2 Alex O	18:00 CIRCUIT TRAINING 45' Sala 3 Victor	18:00 PILATES 55' Sala 3 Pilar	18:00 CROSS TRAINING 30' Sala 3 Victor		
19:00 DESPI WALKING 45' Sala 2 Luis	18:30 ZUMBA 55' Sala 3 Berta	19:00 DESPI WALKING 45' Sala 2 Enric	18:00 DESPI WALKING 30' Sala 2 Alex O	18:00 GAC 45' Sala 1 Alex		
19:00 CIRCUIT TRAINING 45' Sala 3 Victor	18:45 ABDOMINALS 30' Sala 2 Alex O	19:00 DESPIDANCE 55' Sala 1 Fran	18:30 INDOOR TRAINING 45' Sala 2 Enric	18:30 ABDOMINALS 30' Sala 3 Victor		
20:00 BODYPUMP 55' Sala 1 Luis	19:00 BODYPUMP 55' Sala 1 Luis	20:00 BODYCOMBAT 55' Sala 3 Fran	18:30 ABDOMINALS 30' Sala 1 Alex O	19:00 BODYPUMP HEAVY 55' Sala 1 Alex O		
20:30 DESPIDANCE 55' Sala 4 Fran	19:15 INDOOR TRAINING 45' Sala 2 Alex O	20:00 CROSS TRAINING 45' Sala 3 Victor	19:00 TÀBATA 30' Sala 3 Alex O	19:15 DESPIDANCE 55' Sala 4 Fran		
	19:30 BODYBALANCE 55' Sala 4 Laura	20:00 BODYPUMP 55' Sala 1 Enric	19:30 BODYPUMP HEAVY 55' Sala 1 Alex O			
	19:30 PILATES 55' Sala 3 Alicia		19:30 PILATES 55' Sala 4 Pilar			
	20:00 GAC 30' Sala 1 Alex O					
	20:30 PILATES 55' Sala 4 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' Carla	15:15 AQUAFITNESS 50' Pol	15:15 AQUADYNAMIC 45' Pol	15:15 AQUAFITNESS 50' Carlos	15:15 AQUADYNAMIC 50' Carla		
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 AQUADYNAMIC 45' Carla	19:40 AQUADYNAMIC 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: