

Horari d'Activitats Dirigides

FRANJA MATINS							
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7.00		DESPI WALKING 45' SALA 2 - ROGER					
7.30	CROSS TRAINING 45' SALA 1 - JOEL			DESPI WALKING 45' SALA 2 - ROGER	DESPI WALKING 45' SALA 2 - ROGER		
8.00		ABDOMINALS 30' SALA 1 - ROGER					
8.15						DESPI WALKING 45' SALA 2 - DAVID	
8.30	ABDOMINALS 30' SALA 1 - JOEL	BODYPUMP 45' SALA 1 - ROGER	TBC 45' SALA 1 - LAURA	BODYPUMP 45' SALA 1 - ROGER	ESTIRAMENTS 45' SALA 1 - ROGER		
9.00	GAC 30' SALA 1 - JOEL					DANCE FIT 55' SALA 1 - LEO	
9.15		HIIT 45' SOLARIUM - VICTOR B	GAC 30' SALA 1 - LAURA	CIRCUIT TRAINING 55' SALA 3 - JOEL			
9.30	CROSS TRAINING 45' SALA 1 - JOEL	DESPI WALKING 45' SALA 2 - ROGER	DESPI WALKING 45' SALA 2 - ROGER	DESPI WALKING 45' SALA 2 - ROGER	DESPI WALKING 30' SALA 2 - JUAN		DESPI WALKING 45' SALA 2 - DAVID
9.45	CIRCUIT TRAINING 45' SALA 3 - ROGER	GAC 55' SALA 1 - LORENA		ZUMBA 55' SALA 1 - LAURA	CROSS TRAINING 55' SALA 1 - JOEL		
10.00		CIRCUIT TRAINING 30' FITNESS - VICTOR B	ESTIRAMENTS 45' SALA 1 - LAURA		ABDOMINALS 30' SALA 1 - JUAN	ABDOMINALS 30' SALA 1 - LEO	
10.15	PILATES 55' SALA 3 - MARTINA				PILATES 55' SALA 3 - MARTINA		ABDOMINALS 30' SALA 1 - DAVID
10.30	BODYPUMP 55' SALA 1 - ROGER	ZUMBA 55' SALA 1 - LORENA	ZUMBA 55' SALA 1 - LAURA	PILATES 55' SALA 4 - MARTINA	BODYPUMP 55' SALA 1 - JUAN	BODYPUMP 55' SALA 1 - LEO	
10.45		ABDOMINALS 30' SOLARIUM - ROGER		ESTIRAMENTS 55' SALA 1 - LAURA			
11.30		TAI-TXI 55' SALA 3 - JAVIER		ABDOMINALS 30' SOLARIUM - ROGER			
				TAI-TXI 55' SALA 3 - JAVIER			
				FUNCIONAL AQUÀTIC 45' PISCINA - JOEL			
							GAC 45' SALA 1 - DAVID
			PILATES 55' SALA 3 - MARTINA				

FRANJA MIG DIA							
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
14.15		BODYPUMP 45' SALA 1 - ROGER					
15.15	TBC 55' SALA 3 - VICTOR	DESPI WALKING 45' SALA 2 - ROGER	CIRCUIT TRAINING 55' SALA 3 - VICTOR	PILATES 55' SALA 4 - TONI A			
15.30	ZUMBA 55' SALA 1 - LORENA	LES MILLS COMBO 55' SALA 1 - TONI A	BODYPUMP 55' SALA 1 - JUAN	BODY COMBAT 55' SALA 1 - JOEL	FUNCIONAL 30' SALA 3 - VICTOR		
16.00	PILATES 55' SALA 4 - TONI A	TAI-TXI 55' SALA 3 - JAVIER		TAI-TXI 55' SALA 1 - JAVIER	ABDOMINALS 30' SALA 3 - VICTOR		

FRANJA DE TARDA							
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
16.30		PILATES 55' SALA 4 - ALICIA					
17.00	PILATES 55' SALA 1 - MARTINA		PILATES 55' SALA 4 - ALICIA		PILATES 55' SALA 4 - TONI A		
17.30					RUNING 55' EXT - JOEL		
18.00	CROSS TRAINING 45' SALA 1 - JUAN	CROSS TRAINING 45' SALA 1 - LEO	DESPI WALKING 45' SALA 2 - JUAN	DESPI WALKING 30' SALA 2 - TONI A	BODY COMBAT 55' SALA 1 - TONI A		
18.30	TBC 55' SALA 3 - VICTOR	INDOOR TRAINING 45' SALA 2 - TONI A	HIIT 45' SALA 3 - VICTOR	BODY BALANCE 45' SALA 1 - CHARLOTTE	CIRCUIT TRAINING 30' SALA 3 - VICTOR		
19.00	DESPI WALKING 45' SALA 2 - JUAN	ABDOMINALS 30' SALA 3 - JUAN	CROSS TRAINING 45' SOLARIUM - VICTOR	ABDOMINALS 30' SALA 3 - TONI A	ABDOMINALS 30' SALA 3 - VICTOR		
19.30	BODY COMBAT 55' SOLARIUM - JOEL	DESPI WALKING 45' SALA 2 - TONI A	HIIT 45' SALA 3 - JUAN	HIIT 30' SALA 3 - TONI A	BODYPUMP 55' SALA 1 - TONI A		
20.00	CIRCUIT TRAINING 45' SALA 3 - VICTOR	HIIT 45' SALA 3 - JUAN	BODY COMBAT 55' SOLARIUM - LEO	DESPI WALKING 45' SALA 2 - JUAN	DANCE FIT 45' SALA 1 - CHARLOTTE		
20.30	BODY PUMP 55' SALA 1 - LAURA	ESP. BODY BALANCE 55' SALA 4 - LAURA	ESTIRAMENTS 30' SALA 3 - JUAN	DANCE FIT 45' SALA 1 - CHARLOTTE	ABDOMINALS 30' SALA 3 - TONI G		
21.00	DANCE FIT 55' SOLARIUM - LEO	GAC 30' SALA 1 - TONI A	BODYPUMP 55' SALA 1 - LORENA	BODYPUMP 55' SALA 1 - JUAN			
	BODY BALANCE 30' SALA 1 - LAURA	FUNCIONAL 30' SALA 1 - LEO					
		DANCE FIT 55' SOLARIUM - LEO					
		PILATES 55' SALA 4 - TONI A					

Horari d'Activitats Dirigides Aquàtiques							
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7.30			AIGUAGIM 45' ALEX O				
8.15	AIGUAGIM 55' ROGER	AIGUAGIM 55' VICTOR B	AIGUAGIM 55' ALEX O		AIGUAGIM 55' GEMA		
8.30				AQUADYNAMIC 45' LAURA			
15.15	AIGUAGIM 55' FRAN	AIGUAGIM 55' ALEX O	AIGUAGIM 55' LORENA	AIGUAGIM 55' RAQUEL	AIGUAGIM 55' FRAN		
18.50	AIGUAGIM 45' MARC	AIGUAGIM 45' TONI G	AIGUAGIM 45' MARC	AIGUAGIM 45' MARC			
19.40	AIGUAGIM 45' MARC	AIGUAGIM 45' MARC	AIGUAGIM 45' DAVID	AIGUAGIM 45' MARC			

En cas de pluja o mal temps les sessions es farien a cobert però en el cas de tenir incompatibilitat d'aforaments entre dins i fora la classe es podria suspendre.