Horari d'Activitats Dirigides: 10 AL 16 D'AGOST

POLIESPORTIU FRANCESC CALVET

DESPIesport

Activitat Cos - Ment | Activitat Dance - Ball | Activitat Tonificació | Act. d'alt consum calòric | Activitats Aquàtiques

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
7:15 Sala 1 CROSS TRAINING 45' Alex O	7:15 Sala 2 DESPI WALKING 45' Edu	8:30 Sala 1 BODYPUMP 55' Alex A	7:30 Sala 2 DESPI WALKING 45' Edu	7:30 Sala 2 INDOR TRAINING 45' Leo	
8:00 Sala 1 GAC 30' Alex O	8:00 Sala 1 ABDOMINALS 30' Edu	9:30 Sala 1 EST. I MOBILITAT 55' Alex A	8:15 Sala 1 TBC 45' Edu	8:15 Sala 1 TBC 45' Leo	
8:30 Sala 1 EST. I MOBILITAT 45' Alex O	8:30 Sala 1 TBC 55' Edu	9:30 Sala 2 INDOOR TRAINING 45' Alex O	9:00 Sala 1 EST. I MOBILITAT 30' Edu	9:00 Sala 1 EST. I MOBILITAT 30' Leo	
9:30 Sala 2 INDOOR TRAINING 45' Alex O	9:30 Sala 2 INDOOR TRAINING 45' Edu	10:30 Sala 3 ZUMBA 55' Laura	9:30 Sala 2 INDOOR TRAINING 45' Edu	9:30 Sala 1 CROSS TRAINING 45' Leo	
10:30 Sala 1 BODYPUMP 55' Laura	9:30 Sala 4 BODYBALANCE 55' Laura	10:30 Sala 1 BODYPUMP HEAVY 55' Alex O	10:30 Sala 1 BODYPUMP 55' Leo	10:30 Sala 1 BODYPUMP 55' Leo	
11:30 Sala 3 PILATES 55' Laura	10:30 Sala 3 ZUMBA 55' Laura	11:30 Sala 4 PILATES 55' Laura	10:30 Sala 3 PILATES 55' Laura	10:30 Sala 1 GAC 45' Alex A	

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
15:15 Sala 1 TBC 55' Alex A	15:30 Sala 1 BODYPUMP HEAVY 55' Alex O	15:15 Sala 3 CIRCUIT TRAINING 45' Alex O	15:15 Sala 1 GAC 45' Leo	15:30 Sala 4 PILATES 55' Laura	

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
17:00 Sala 4 BODYBALANCE 55' Laura	17:00 Sala 4 PILATES 55' Laura	17:00 Sala 1 BODYPUMP 55' Leo	17:30 Sala 1 ZUMBA 55' Laura	16:30 Sala 3 BODYBALANCE 55' Laura	
18:00 Sala 1 ZUMBA 55' Laura	17:45 Sala 2 DESPI WALKING 45' Alex O	18:00 Sala 1 BODYBALANCE 55' Laura	17:30 Sala 3 STRONG 30' Leo	17:00 Sala 1 GAC 45' Alex O	
18:00 sala 1 CROSS TRAINING 55' Alex O	18:00 Sala 1 BODYPUMP 55' Leo	18:00 Sala 3 CIRCUIT TRAINING 45' Leo	18:00 Sala 3 ABDOMINALS 30' Leo	18:00 Sala 1 CROSS TRAINING 45' Alex O	
19:00 Sala 1 BODYPUMP 55' Laura	18:30 Sala 3 ABDOMINALS 30' Alex O	19:00 Sala 2 DESPI WALKING 45' Alex A	18:30 Sala 3 PILATES 55' Laura	19:00 Sala 1 BODYPUMP HEAVY 55' Alex O	
19:00 Sala 2 INDOOR TRAINING 45' Alex O	19:00 Sala 1 CROSS TRAINING 55' Leo	19:00 Sala 1 BODYPUMP 55' Laura	18:30 Sala 2 INDOOR TRAINING 45' Leo		
20:00 Sala 1 GAC 45' Alex O	19:00 Sala 1 ZUMBA 55' Laura				

Horari d'Activitats Aquàtiques

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
7:30 AQUAFITNESS 50' Laura		7:30 AQUAFITNESS 50' Laura			
8:30 AQUAFITNESS 50' Laura	8:30 AQUAFITNESS 50' Laura	8:30 AQUAFITNESS 50' Laura	8:30 AQUAFITNESS 50' Laura	8:30 AQUAFITNESS 50' Laura	
9:30 AQUAFITNESS 50' Laura	9:30 AQUAFITNESS 50' Jordi	9:30 AQUAFITNESS 50' Laura	9:30 AQUAFITNESS 50' Laura	9:30 AQUAFITNESS 50' Laura	
15:15 AQUAFITNESS 50' Jordi	15:15 AQUAFITNESS 50' Jordi	15:15 AQUAFITNESS 45' Jordi	15:15 AQUAFITNESS 50' Jordi		
18:00 AQUAFITNESS 45' Jordi	18:00 AQUAFITNESS 45' Laura	18:00 AQUAFITNESS 45' Alex O	18:00 AQUAFITNESS 45' Alex O		
19:00 AQUAFITNESS 45' Jordi	19:00 AQUAFITNESS 45' Alex O	19:00 AQUAFITNESS 45' Alex O	19:00 AQUAFITNESS 45' Alex O		

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: