

Horari d'Activitats Dirigides

FRANJA MATINS						
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
7.15	CROSS TRAINING 45' SALA 1	DESPIWALKING 45' SALA 2	BODYPUMP 55' SALA 1	DESPIWALKING 45' SALA 2	DESPIWALKING 45' SALA 2	
8.00	ABDOMINALS 30' SALA 1	BODY PUMP 45' SALA 1	CROSS TRAINING 45' SALA 1	ABDOMINALS 30' SALA 1	TABATA + ABD 45' SALA 1	
8.30						INDOOR TRAINING 45' SALA 2
9.00				TAI-TXI 55' SALA 4 - JAVIER		
9.30	INDOOR TRAINING 45' SALA 2	CROSS TRAINING 45' SALA 3	DESPIWALKING 45' SALA 2	CROSS TRAINING 45' SALA 3	DESPIWALKING 45' SALA 2	
	ZUMBA 55' SALA 1	BODY BALANCE 55' SALA 1	ZUMBA 55' SALA 1	BODYPUMP 55' SALA 1	ZUMBA 55' SALA 1 - LAURA	DANCE FIT 55' SALA 1
10.15		ABDOMINALS 30' SALA 3				
10.30	BODYPUMP 55' SALA 1	ZUMBA 55' SALA 1	BODY BALANCE 55' SALA 1	DANCE FIT 55' SALA 1	BODYPUMP 55' SALA 1	BODYPUMP 55' SALA 1
		TAI-TXI 55' SALA 4				
FRANJA MIG DIA						
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
15.30	BODYPUMP 55' SALA 1	CROSS TRAINING 55' SALA 3 - CRISTIAN	BODYCOMBAT 55' SALA 1	DESPIWALKING 45' SALA 2	ZUMBA 55' SALA 1	
16.00		TAI-TXI 55' SALA 4		TAI-TXI 55' SALA 4		
FRANJA DE TARDA						
HORARI	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
18.00	DESPIWALKING 45' SALA 2	CROSS TRAINING 55' SALA 3	DESPIWALKING 45' SALA 2	CROSS TRAINING 55' SALA 3	DESPIWALKING 45' SALA 2	
	ZUMBA 55' SALA 1	BODYPUMP 55' SALA 1	BODY BALANCE 55' SALA 1	DANCE FIT 55' SALA 1		
19.00	BODYPUMP 55' SALA 1	DESPIWALKING 45' SALA 2	CROSS TRAINING 45' SALA 1	DESPIWALKING 45' SALA 2	BODYPUMP 55' SALA 1	
	BODY BALANCE 55' SALA 1	DANCE FIT 55' SALA 1	ZUMBA 55' SALA 3	BODYCOMBAT 55' SALA 1		
19:45		ABDOMINALS 30' SALA 3		ABDOMINALS 30' SALA 3		
20.00	CROSS TRAINING 45' SALA 1		BODY BALANCE 45' SALA 3		CROSS TRAINING 45' SALA 1	
			BODYPUMP 55' SALA 1			
20:15		MOBILITAT 30' SALA 3		MOBILITAT 30' SALA 3		
Horari d'Activitats Dirigides Aquàtiques						
8.30	AIGUAGIM 55'	AIGUAGIM 55'	AIGUAGIM 55'	AIGUAGIM 55'	AIGUAGIM 55'	
15.30		AIGUAGIM 55'		AIGUAGIM 55'		
18.00	AIGUAGIM 55'	AIGUAGIM 55'	AIGUAGIM 55'	AIGUAGIM 55'		
19.00	AIGUAGIM 55'	AIGUAGIM 55'	AIGUAGIM 55'	AIGUAGIM 55'		



En cas de pluja o mal temps les sessions que es fan al exterior es podrien suspendre o canviar l'activitat. Cal reserva prèvia.