# Poliesportiu Francesc Calvet

## Horari d'Activitats Dirigides

# Del 25 al 31 de març 2024

DESPIesport

FRANCESC CALVET

- Act. de tonificació d'alta intensitat
- Act. cos ment
- Act. Dance / Ball
- Act.de tonificació.
- Act. d'alt consum calòric.
- Act. aquàtiques

## FRANJA MATINS

| Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
|---|---|---|---|---|---|---|
| CROSS TRAINING 7:30 - 45' SALA 1 - KATERINA | DESPI WALKING 45' 7:15 - 45' SALA 2 - VICTOR | ESTIRAMENTS 8:45 - 45' SALA 1 - LUIS | DESPI WALKING 7:30 - 45' SALA 2 - TONI | | INDOOR TRAINIG 8:30 - 45' SALA 2 - LEO | INDOOR TRAINING 9:30 - 45' SALA 2 - LEO |
| ABDOMINALS 8:30 - 30' SALA 1 - KATERINA | ABDOMINALS 8:00 - 30' SALA 1 - VICTOR | DESPI WALKING 9:30 - 45' SALA 2 - LUÍS | TBC 8:15 - 45' SALA 1 - TONI | | CROSS TRAINING 9:15 - 45' SALA 3 - LEO | ABDOMINALS 10:15 - 30' SALA 1 - LEO |
| GAC 9:00 - 30' SALA 1 - KATERINA | CROSS TRAINING 9:15 - 45' SALA 3 - VICTOR | ABDOMINALS 10:15 - 30' SALA 1 - LUIS | TAI-TXI 9:00 - 55' SALA 3 - JAVIER | | ABDOMINALS 10:00 - 30' SALA 1 - LEO | GAC 10:45 - 45' SALA 1 - LEO |
| CROSS TRAINING 9:30 - 45' SALA 1 - KATERINA | INDOOR TRAINING 10h - 45' SALA 2 - VICTOR | DANCE FIT 10:30 - 55' SALA 1- FRAN | MOBILITAT 09:00 - 30' SALA 1 - TONI | | BODYPUMP 10:30 - 55' SALA 1 - LEO | |
| INDOOR TRAINING 9:30 - 45' SALA 2- FRAN | ABDOMINALS 10:45 - 30' SALA 1 - VICTOR | PILATES 11:30 - 55' SALA 4 - PILAR | INDOOR TRAINING 9:30 - 45' SALA 2 - TONI | | | |
| BODYPUMP 10:30 - 55' SALA 1 - FRAN | PILATES 10:30 - 55' SALA 4 - PILAR | | DANCE FIT 9:30 - 55' SALA 1- FRAN | | | |
| PILATES 11:15 - 55' SALA 3 - PILAR | TAI-TXI 10:30 - 55' SALA 3 - JAVIER | | PILATES 10:00 - 55' SALA 3- ANA | | | |
| | PILATES 11:30 - 55' SALA 4 - PILAR | | ABDOMINALS 10:15 - 30' SALA 3 - TONI | | | |
| | | | BODYPUMP 10:30 - 55' SALA 1 - FRAN | | | |
| | | | PILATES 11:00 - 55' SALA 4- ANA | | | |

## FRANJA MIG DIA

| Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
|---|---|---|---|---|---|---|
| DANCE FIT 15:15 -55' SALA 1- FRAN | BODYPUMP 15:30 - 55' SALA 1 - TONI | CIRCUIT TRAINING 15:15 - 45' SALA 3 - ERIC | | | | |
| PILATES 15:30 - 55' SALA 4 - ANA | PILATES 15:30 - 55' SALA 4 - ANA | | | | | |
| | TAI-TXI 16:00 - 55' SALA 3 - JAVIER | | | | | |

## FRANJA DE TARDA

| Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
|---|---|---|---|---|---|---|
| PILATES 16:30 - 55' SALA 4 - PILAR | PILATES 16:30 - 55' SALA 4 - PILAR | PILATES 17:00 - 55' SALA 4 - PILAR | | | | |
| PILATES 17:30 - 55' SALA 4 - PILAR | DESPI WALKING 18:00 - 30' SALA 2 - TONI | PILATES 18:00 - 55' SALA 1 - PILAR | | | | |
| CROSS TRAINING 18:00 - 45' SALA 1 - LUIS | CROSS TRAINING 18:30 - 45' SALA 1 - TONI | TABATA 18:00 - 30' SALA 1 - LUIS | | | | |
| GAC 18:30 - 45' SALA 1 - PILAR | INDOOR TRAINING 19:00 - 45' SALA 2 - ERIC | ABDOMINALS 18.30 - 30' SALA 1 - LUIS | | | | |
| DESPI WALKING 19:00- 45' SALA 2 - LUIS | ABDOMINALS 19:15 - 30' SALA 1 - TONI | DESPI WALKING 19:00 - 45' SALA 2 - LUIS | | | | |
| ABDOMINALS 19:15 - 30' SALA 3 - PILAR | GAC 19:45- 30' SALA 3 - ERIC | DANCE FIT 19:00 - 55' SALA 1 - FRAN | | | | |
| BODYPUMP 20:00 - 55' SALA 1 - LUIS | BODYPUMP 20:00 - 55' SALA 1 - TONI | CROSS TRAINING 20:00 - 45' SALA 3 - LUIS | | | | |
| DANCE FIT 20:30 - 55' SALA 4- FRAN | INDOOR WALKING 20:15 - 30' SALA 2 - ERIC | BODYCOMBAT 20:00- 45' SALA 1 - FRAN | | | | |

# Horari d'Activitats Dirigides Aquàtiques

## FRANJA MATÍ

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|---|---|---|---|---|---|---|
| AIGUAGIM 7:30- 45' FRAN | | AIGUAGIM 7:30- 45' PILAR | | | | |
| AIGUAGIM 8:15 - 55' FRAN | AIGUAGIM 8:30 - 45' VICTOR | AIGUAGIM 8:15 - 55' PILAR | AIGUAGIM 8:30 - 45' FRAN | | | |

## FRANJA MIG DIA

| | | | | | | |
|---|---|---|---|---|---|---|
| AIGUAGIM 15:15 - 55' ALEX | AIGUAGIM 15:15 - 55' LUIS | AIGUAGIM 15:15 - 55' PILAR | | | | |

## FRANJA TARDA

| | | | | | | |
|---|---|---|---|---|---|---|
| AIGUAGIM 18:50 - 45' CARLOS | AIGUAGIM 18:50 - 45' PILAR | AIGUAGIM 18:50 - 45' CARLOS | | | | |
| AIGUAGIM 19:40- 45' CARLOS | AIGUAGIM 19:40- 45' PILAR | AIGUAGIM 19:40- 45' CARLOS | | | | |

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