POLIESPORTIU SALVADOR GIMENO

Horari d'Activitats Dirigides:

DEL 1 AL 7 DE JUNY

DESPIesport

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

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:15 DESPINNING 45' SP Alicia	7:15 CIRCUIT TRAINING 45' Sala 1 Luis	7:15 TBC 45' Sala 1 Alex	7:15 CROSS TRAINING 45' Sala 1 Alicia	7:15 DESPINNING 45' Sp Jordi	8:30 DESPINNING 45' SP Pablo	9:30 DESPINNING 45' SP Pablo
8:00 ABDOMINALS 30' Sala 1 Alicia	8:00 BODYPUMP 55' Sala 1 Luis	8:00 ABDOMINALS 30' Sala 1 Alex	7:30 FUNTXION 45' Boutique Edu	8:00 TABATA 30' Sala 2 Jordi	9:30 DESPIDANCE 55' Sala 1 Fran	10:15 ABDOMINALS 30' Sala 1 Pablo
8:30 GAC 45' Sala 1 Alicia	8:00 HBX BOXING 45' Boutique Leo	8:30 TABATA 30' Sala 1 Alex	8:15 HBX BOXING 45' Boutique Edu	8:30 FUNTXION 45' Boutique Jordi	9:30 TABATA 30' Sala 2 Pablo	11:00 DESPINNING 45' SP Pablo
9:30 DESPINNING 45' SP Alicia	8:30 PILATES TERRA 55' Sala 2 Pilar	8:30 FUNTXION 45' Boutique Jordi	8:15 PILATES TERRA 45' Sala 2 Alicia	9:30 DESPINNING 45' SP Jordi	10:00 DESPINNING 45' SP Pablo	
9:30 ZUMBA 55' Sala 1 Laura	9:00 TABATA 30' Sala 1 Luis	9:30 DESPINNING 45' SP Jordi	9:00 TBC 30' Sala 1 Alicia	9:30 ZUMBA 55' Sala 1 Laura	10:30 BODYPUMP 55' Sala 1 Fran	
10:30 BODYPUMP 55' Sala 1 Laura	9:30 ABDOMINALS 30' Sala 2 Pilar	9:30 BODYCOMBAT 55' Sala 1 Leo	9:30 DESPINNING 45' SP Alicia	10:30 COMBO LES MILLS 55' Sala 1 Laura		
11:30 PILATES TERRA 55' Sala 2 Laura	9:30 DESPINNING 45' SP Luis	10:30 FUNTXION 45' Boutique Leo	9:30 ZUMBA 55' Sala 1 Ronny			
	9:30 BODYPUMP 55' Sala 1 Laura	10:30 EST. I MOBILITAT 45' Sala 1 Alicia	9:30 IOGA 55' Sala 2 Daniela			
	10:30 BODYBALANCE 55' Sala 1 Laura		10:30 BODYPUMP 55' Sala 1 Ronny			
			10:30 EST. I MOBILITAT 55' Sala 2 Daniela			

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
14:15 FUNTXION 45' Boutique Carlos	15:15 TBC 55' Sala 2 Victor	15:15 HBX BOXING 45' Boutique Leo	15:15 DESPINNING 45' SP Alex O	15:15 ZUMBA 55' Sala 1 Laura		
15:15 BODYBALANCE 55' Sala 1 Laura	16:00 EST. I MOBILITAT 55' Sala 1 Fran	16:30 GAC 55' Sala 1 Leo	15:15 FUNTXION 45' Boutique Victor	16:30 PILATES TERRA 55' Sala 2 Ana		
				16:30 BODYPUMP 55' Sala 1 Laura		

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
17:00 DESPINNING 45' SP Alex O	17:30 DESPIDANCE 55' Sala 1 Fran	17:00 STRONG 30' Sala 2 Toni	17:45 DESPINNING 45' SP Luis	17:30 ZUMBA 55' Sala 1 Laura		
17:30 BODYPUMP 55' Sala 1 Leo	17:45 DESPINNING 45' SP Pablo	17:30 FUNTXION 45' Boutique Leo	17:45 GAC 30' Sala 2 Laura	18:00 DESPINNING 55' SP Alex		
17:30 BODYBALANCE 55' Sala 2 Laura	18:00 GAC 30' Sala 2 Victor	17:30 EST. I MOBILITAT 30' Sala 2 Toni	18:15 EST. I MOBILITAT 55' Sala 2 Laura	18:00 HBX BOXING 45' Boutique Edu		
18:00 DESPINNING 45' SP Alex O	18:30 FUNTXION 45' Boutique Victor	18:00 DESPINNING 45' SP Toni	18:30 ZUMBA 55' Sala1 Berta	18:30 ESPECIAL BODYBALANCE 55' Sala1 Laura		
18:15 FUNTXION 45' Boutique Toni	18:30 BODYPUMP 55' Sala 1 Fran	18:30 BODYCOMBAT 55' Sala 1 Alex O	18:30 HBX BOXING 45' Boutique Victor	19:00 CROSS TRAINING 45' Exterior Edu		
18:30 ZUMBA 55' Sala 1 Laura	18:30 ABDOMINALS 30' Sala 2 Pablo	18:30 BODYBALANCE 55' Sala 2 Laura	19:15 DESPINNING 45' SP Alex O	19:00 ABDOMINALS 30' Sala 2 Alex		
18:30 ABDOMINALS 30' Sala 2 Leo	19:15 DESPINNING 45' SP Pablo	18:30 FUNTXION 45' Boutique Edu	19:30 BODYPUMP 55' Sala 1 Laura	19:30 DESPINNING 45' SP Alex		
19:00 DESPINNING 45' SP Toni	19:15 HBX BOXING 45' Boutique Victor	19:15 DESPINNING 45' SP Alicia	19:30 GAC 45' Sala 2 Pau			
19:00 TABATA 30' Sala 2 Alex O	19:30 BODYCOMBAT 55' Sala 1 Fran	19:15 HBX BOXING 45' Boutique Edu	19:30 FUNTXION 45' Boutique Victor			
19:15 CROSS TRAINING 45' Exterior Alex	20:15 DESPINNING 45' SP Pablo	19:30 ZUMBA 55' Sala 1 Laura	20:15 DESPINNING 45' SP Alex			
19:15 HBX BOXING 45' Boutique Leo	20:30 DESPIDANCE 55' Sala 1 Fran	19:30 CROSS TRAINING 45' Exterior Toni				
19:30 BODYCOMBAT 55' Sala 1 Alex O		19:30 ABDOMINALS 30' Sala 2 Alex o				
19:45 GAC 30' Sala 2 Toni		20:15 DESPINNING 45' SP Alex O				
20:15 DESPINNING 45' SP Alex		20:15 FUNTXION 45' Boutique Edu				
20:30 BODYPUMP 55' Sala 1 Alex O		20:30 BODYPUMP 55' Sala 1 Laura				

Horari d'Activitats Aquàtiques

7:30 AQUA STEP 50' Elena	7:30 AQUAFITNESS 50' Elena	7:30 TÀBATA 50' Elena	7:30 AQUADYNAMIC 45' Elena	7:30 AQUAFITNESS 50' Elena
8:30 AQUADYNAMIC 45' Elena	8:30 TÀBATA 50' Elena	8:30 AQUA STEP 50' Elena	8:30 AQUAFITNESS 50' Pilar	8:30 POSTURAL 50' Elena
9:30 AQUAFITNESS 50' Elena	9:30 AQUADYNAMIC 45' Elena	9:30 AQUAFITNESS 50' Elena	9:30 AQUAFITNESS 50' Pilar	9:30 AQUA STEP 50' Elena
10:30 AQUA STEP 50' Elena		10:30 AQUAFITNESS 50' Elena		10:30 AQUAFITNESS 50' Elena
15:15 AQUAFITNESS 45' Carlos	15:00 AQUAFITNESS 45' Fran	15:15 AQUA STEP 45' Alex C	15:00 AQUAFITNESS 45' Fran	15:15 AQUAFITNESS 50' Fran
17:00 AQUAFITNESS 50' Elena	18:00 AQUAFITNESS 50' Elena	17:00 POSTURAL 50' Elena	18:15 AQUAFITNESS 50' Fran	18:15 POSTURAL 45' Elena
18:00 TÀBATA 50' Elena	19:00 AQUAFITNESS 50' Elena	18:00 AQUA STEP 50' Elena	19:15 AQUAFITNESS 45' Fran	19:00 AQUADYNAMIC 45' Elena
19:00 AQUA STEP 50' Elena	20:00 AQUADYNAMIC 45' Elena	19:00 AQUAFITNESS 50' Elena	20:00 TÀBATA 45' Fran	
20:00 AQUADYNAMIC 45' Elena		20:00 AQUADYNAMIC 45' Elena		

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

necessitat.

Poliesportiu Salvador Gimeno: