



Horari d'Activitats Dirigides:

8 DE JUNY AL 19 DE JULIOL **DESPI**esport

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

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

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

Horari d'Activitats Aquàtiques

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

Poliesportiu Salvador Gimeno:



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.

