



Horari d'Activitats Dirigides:

20 AL 31 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' Jordi	7:15 Sala 1 CIRCUIT TRAINING 45' Alex A	7:15 Sala 1 TBC 45' Alex A	7:15 Sala 1 CROSS TRAINING 45' Alex A	7:15 Sp DESPINNING 45' Jordi	8:30 SP DESPINNING 45' Jordi	9:30 SP DESPINNING 45' Enric
8:00 Sala 1 ABDOMINALS 30' Jordi	8:00 Sala 1 BODYPUMP 55' Alex A	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 ZUMBA 55' Laura	10:15 Sala 1 ABDOMINALS 30' Enric
8:30 Sala 1 GAC 45' Jordi	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' Jordi	11:00 SP DESPINNING 45' Enric
9:30 SP DESPINNING 45' Jordi	8:30 Sala 2 PILATES TERRA 55' Pilar	8:30 Boutique FUNTXION 45' Jordi	8:15 Sala 2 PILATES TERRA 45' Laura	9:30 SP DESPINNING 45' Jordi	10:00 SP DESPINNING 45' Jordi	
9:30 Sala 1 ZUMBA 55' Laura	9:00 Sala 1 TABATA 30' Alex A	9:30 SP DESPINNING 45' Jordi	9:00 Sala 1 TBC 30' Alex A	9:30 Sala 1 ZUMBA 55' Laura	10:30 Sala 1 BODYPUMP 55' Laura	
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' Alex A	10:30 Sala 1 COMBO LES MILLS 55' Laura		
11:30 Sala 2 PILATES TERRA 55' Laura	9:30 SP DESPINNING 45' Alex A	10:30 Boutique FUNTXION 45' Leo	9:30 Sala 1 ZUMBA 55' Laura			
	9:30 Sala 1 BODYPUMP 55' Laura	10:30 Sala 1 EST. I MOBILITAT 45' Jordi	9:30 Sala 2 IOGA 55' Daniel a			
	10:30 Sala 1 BODYBALANCE 55' Laura		10:30 Sala 1 BODYPUMP 55' Laura			
			10:30 Sala 2 PILATES 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' Laura	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 ZUMBA 55' Laura	17:00 Sala 2 STRONG 30' Alex A	17:45 SP DESPINNING 45' Alex A	17:30 Sala 1 ZUMBA 55' Laura		
17:30 Sala 1 BODYPUMP 55' Leo	17:45 SP DESPINNING 45' Jordi	17:30 Sala 1 ZUMBA FAMILY 55' Laura	17:45 Sala 2 GAC 45' 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	18:30 Sala 2 EST. I MOBILITAT 45' Alex A	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' Laura	18:30 Sala1 ESPECIAL BODYBALANCE 55' Laura		
18:15 Boutique FUNTXION 45' Alex A	18:30 Sala 1 BODYPUMP 55' Laura	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' Jordi	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' Jordi	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' Alex A	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 BODYBALANCE 55' Laura	19:15 SP DESPINNING 45' Alex A	19:30 Boutique FUNTXION 45' Victor			
19:15 Exterior CROSS TRAINING 45' Xavi	20:15 SP DESPINNING 45' Jordi	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 ZUMBA 55' Laura	19:30 Sala 1 ZUMBA 55' Laura				
19:30 Sala 1 BODYCOMBAT 55' Alex O		19:30 Exterior CROSS TRAINING 45' Xavi				
20:00 Sala 2 GAC 30' Xavi		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 Elena AQUA STEP 50'	7:30 Elena AQUAFITNESS 50'	7:30 Elena TÀBATA 50'	7:30 Elena AQUADYNAMIC 45'	7:30 Elena AQUAFITNESS 50'
8:30 Elena AQUADYNAMIC 45'	8:30 Elena TÀBATA 50'	8:30 Elena AQUA STEP 50'	8:30 Pilar AQUAFITNESS 50'	8:30 Elena POSTURAL 50'
9:30 Elena AQUAFITNESS 50'	9:30 Elena AQUADYNAMIC 45'	9:30 Elena AQUAFITNESS 50'	9:30 Pilar AQUAFITNESS 50'	9:30 Elena AQUA STEP 50'
10:30 Elena AQUA STEP 50'		10:30 Elena AQUAFITNESS 50'		10:30 Elena AQUAFITNESS 50'
15:15 Carlos AQUAFITNESS 45'	15:00 Fran AQUAFITNESS 45'	15:15 Alex C AQUA STEP 45'	15:00 Fran AQUAFITNESS 45'	15:15 Fran AQUAFITNESS 50'
17:00 Elena AQUAFITNESS 50'	18:00 Elena AQUAFITNESS 50'	17:00 Elena POSTURAL 50'	18:15 Fran AQUAFITNESS 50'	18:15 Elena POSTURAL 45'
18:00 Elena TÀBATA 50'	19:00 Elena AQUAFITNESS 50'	18:00 Elena AQUA STEP 50'	19:15 Fran AQUAFITNESS 45'	19:00 Elena AQUADYNAMIC 45'
19:00 Elena AQUA STEP 50'	20:00 Elena AQUADYNAMIC 45'	19:00 Elena AQUAFITNESS 50'	20:00 Fran TÀBATA 45'	
20:00 Elena AQUADYNAMIC 45'		20:00 Elena AQUADYNAMIC 45'		

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.

