

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	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	7:30 Boutique FUNTXION 45' Edu	8:00 Sala 2 TABATA 30' Jordi	9:30 Sala 1 DANCE FIT 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	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' Daniela								
	10:30 Sala 1 BODYBALANCE 55' Laura		10:30 Sala 1 BODYPUMP 55' Ronny								
			10:30 Sala 2 EST. I MOBILITAT 55' Daniela								

Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
14:15 Boutique FUNTXION 45' Carlos	15:15 Sala 2 TBC 55' Victor	15:15 Boutique HBX BOXING 45' Leo	15:15 SP DESPINNING 45' Alex O	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	15:15 Boutique FUNTXION 45' Victor	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 DANCE FIT 55' Fran	17:00 Sala 2 STRONG 30' Toni	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 Boutique FUNTXION 45' Leo	17:45 Sala 2 GAC 30' Laura	18:00 SP DESPINNING 55' Alex		
17:30 Sala 2 BODYBALANCE 55' Laura	18:00 Sala 2 GAC 30' Victor	17:30 Sala 2 EST. I MOBILITAT 30' Toni	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	18:00 SP DESPINNING 45' Toni	18:30 Sala 1 ZUMBA 55' Ronny	18:30 Sala 1 ESPECIAL BODYBALANCE 55' Laura		
18:15 Boutique FUNTXION 45' Toni	18:30 Sala 1 BODYPUMP 55' Fran	18:30 Sala 1 BODYCOMBAT 55' Alex O	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 2 BODYBALANCE 55' Laura	19:15 SP DESPINNING 45' Alex O	19:00 Sala 2 ABDOMINALS 30' Alex		
18:30 Sala 2 ABDOMINALS 30' Leo	19:15 SP DESPINNING 45' Pablo	18:30 Boutique FUNTXION 45' Edu	19:30 Sala 1 BODYPUMP 55' Laura	19:30 SP DESPINNING 45' Alex		
19:00 SP DESPINNING 45' Toni	19:15 Boutique HBX BOXING 45' Victor	19:15 SP DESPINNING 45' Alicia	19:30 Sala 2 GAC 45' Pau			
19:00 Sala 2 TABATA 30' Alex O	19:30 Sala 1 BODYCOMBAT 55' Fran	19:15 Boutique HBX BOXING 45' Edu	19:30 Boutique FUNTXION 45' Victor			
19:15 Exterior CROSS TRAINING 45' Alex	20:15 SP DESPINNING 45' Pablo	19:30 Sala 1 ZUMBA 55' Laura	20:15 SP DESPINNING 45' Alex			
19:15 Boutique HBX BOXING 45' Leo	20:30 Sala 1 DANCE FIT 55' Fran	19:30 Exterior CROSS TRAINING 45' Toni				
19:30 Sala 1 BODYCOMBAT 55' Alex O		19:30 Sala 2 ABDOMINALS 30' Alex o				
19:45 Sala 2 GAC 30' Toni		20:15 SP DESPINNING 45' Alex O				
20:15 SP DESPINNING 45' Alex		20:15 Boutique FUNTXION 45' Edu				
20:30 Sala 1 BODYPUMP 55' Alex O		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'		

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.

