



## Horari d'Activitats Dirigides:

# 14 AL 30 DE SETEMBRE

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

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

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

## Horari d'Activitats Aquàtiques

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

