

Activitat Cos - Ment		Activitat Dance - Ball		Activitat Tonicació		Act. d'alt consum calòric		Act. força-resis. S. Boutique		Activitats Aquàtiques	
Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge					
7:15 DESPINNING SP Alicia	7:15 CIRCUIT TRAINING Pista Luis	7:15 TBC Pista Alex	7:15 CROSS TRAINING Pista Alicia	7:15 DESPINNING Sp Jordi	8:30 DESPINNING SP Pablo	9:30 DESPINNING SP Pablo					
8:00 ABDOMINALS Sala 1 Alicia	8:00 BODYPUMP Sala 1 Luis	8:00 ABDOMINALS Sala 1 Alex	7:30 FUNTXION Boutique Edu	8:00 TABATA Sala 2 Jordi	9:30 DANCE FIT Sala 1 Fran	10:15 ABDOMINALS Sala 1 Pablo					
8:30 GAC Sala 1 Alicia	8:00 HBX BOXING Boutique Leo	8:30 DESPINNING SP Alex	8:15 HBX BOXING Boutique Edu	8:30 FUNTXION Boutique Jordi	9:30 TABATA Sala 2 Pablo	11:00 DESPINNING SP Pablo					
9:30 DESPINNING SP Alicia	8:30 PILATES TERRA Sala 2 Pilar	8:30 FUNTXION Boutique Jordi	8:15 PILATES TERRA Sala 2 Alicia	9:30 DESPINNING SP Jordi	10:00 DESPINNING SP Pablo						
9:30 ZUMBA Sala 1 Laura	9:00 TABATA Sala 1 Luis	9:30 DESPINNING SP Jordi	9:00 STRONG Sala 1 Alicia	9:30 ZUMBA Sala 1 Laura	10:30 BODYPUMP Sala 1 Fran						
10:30 BODYPUMP Sala 1 Laura	9:30 ABDOMINALS Sala 2 Pilar	9:30 BODYCOMBAT Sala 1 Leo	9:30 DESPINNING SP Alicia	10:30 COMBO LESMILLS Sala 1 Laura							
11:30 PILATES TERRA Sala 2 Laura	9:30 DESPINNING SP Luis	10:30 FUNTXION Boutique Leo	9:30 ZUMBA Sala 1 Ronny								
	9:30 BODYPUMP Sala 1 Laura	10:30 EST. I MOBILITAT Sala 1 Alicia	10:30 BODYPUMP Sala 1 Ronny								
	10:30 BODYBALANCE Sala 1 Laura										

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

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

## Horari d'Activitats Aquàtiques

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

El Poliesportiu 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.

