

HORARI D'ACTIVITATS DIRIGIDES

A partir del 8 de febrer de 2021

			DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7h	7.00	7.45		BESTCYCLING Sala cycling		BESTCYCLING Sala cycling		
	7.40	8.30		AQUAGYM Albert Piscina Gran		AQUAGYM Albert Piscina Gran		
8h	8.00	8.45	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	
9h	9.00	9.45	BESTCYCLING Sala cycling		BESTCYCLING Sala cycling		CYCLING Laia Sala 2	BESTCYCLING Sala cycling
	9.30	10.15		CYCLING Laia Sala 2		CYCLING Laia Sala 2		
	9.30	10.15	AQUAGYM Laia Piscina Gran		AQUAGYM Laia Piscina Gran	PILATES Noelia Sala 2 *		
10h	10.00	10.45	BESTCYCLING Sala cycling		BESTCYCLING Sala cycling			BESTCYCLING Sala cycling
	10.00	10.50	PILATES Noelia Sala 2 *					
	10.10	10.55		AQUAGYM Laia Piscina Petita		AQUAGYM Laia Piscina Petita		
	10.20	11.05	CARDIOTONO Laia OUTDOOR 🌞		TONIFICA Laia Sala 1 🏠			
11h	11.00	17.45	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling
	17.00	17.45	GAC Jesus Sala 1 🏠		GAC Jesus OUTDOOR 🌞			
	17.00	17.45	FIT KIDS Laia OTUDOOR 🌞	FIT KIDS Laia Sala 2 🏠	FIT KIDS Laia Sala 2 🏠	FIT KIDS Laia OTUDOOR 🌞		
	17.50	18.35		BODYPUMP Jesus OUTDOOR 🌞		BODYPUMP Jesus Sala 1		
	17.50	18.35		ZUMBA FAMILY Laia Sala 2 🏠		ZUMBA FAMILY Laia OUTDOOR 🌞		
18h	18.00	18.45	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	
	18.00	18.50	PILATES Noelia Sala 2 *		PILATES Noelia Sala 2 *			
	18.00	18.45	ZUMBA Laia Sala 1 🏠		ZUMBA Laia OUTDOOR 🌞			
	18.45	19.30		BOXING Jesus Sala 2 *		BOXING Jesus Sala 2 *		
19h	19.00	19.45	CYCLING Laia Sala cycling	CYCLING Laia Sala cycling	CYCLING Laia Sala cycling	CYCLING Laia Sala cycling		
	19.00	19.50	PILATES Noelia Sala 2 *		PILATES Noelia Sala 2 *			
	19.00	19.50		IOGA Eduard Sala 2 *		IOGA Eduard Sala 2 *		
	19.00	19.45	HIIT45 Jesus OUTDOOR 🌞	AQUAGYM Albert Piscina petita	HIIT45 Jesus Sala 1 🏠	AQUAGYM Albert Piscina petita		
	19.55	20.40	BODYPUMP Jesus Sala 2	BODYPUMP Laia Sala 2	BODYPUMP Jesus Sala 2	ABDOMINALS & ESTIRAMENTS Laia Sala 2 🏠		
20h	20.00	20.45	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	BESTCYCLING Sala cycling	

Llegenda tipologia d'activitats	Activitats força	Activitats aquàtiques	Activitats exclusives per abonats a la Quota plus *
	Activitats cardiovasculars	Activitats virtuals	Activitats ONoutdoor (a l'exterior) 🌞
	Activitats cos-ment	Activitats U16	Activitats ONhome (presencials i streaming) 🏠

La direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el número i ordre de sessions, el contingut i horaris d'aquestes, així com els tècnics que les imparteixen.

Per les **Activitats ONoutdoor**, en cas de dies on la climatologia sigui adversa, es portaran a terme dins d'un espai interior