

HORARI D'ACTIVITATS DIRIGIDES

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES
7:00			7:40 – 8:30 AquaFons Piscina gran				7:40 – 8:30 AquaFons Piscina gran		
9:00	9:30 – 10:20 AquaFons Piscina gran	9:15 – 10:00 TonoStep Sala 1	9:30 – 10:20 AquaZumba Piscina petita	9:30 – 10:15 Cycling Sala cycle	9:30 – 10:20 AquaFons Piscina gran	9:15 – 10:00 Cardiotono Sala 1	9:30 – 10:20 AquaZumba Piscina petita	9:30 – 10:15 Cycling Sala cycle	9:30 – 10:15 ZUMBA Sala 1
10:00	10:45 – 11:35 Pilates (*) Sala 2	10:00 – 10:45 BODYPUMP Sala 1		10:20 – 10:45 Core Express Sala 1	10:45 – 11:35 Pilates (*) Sala 2	10:00 – 10:45 BODYPUMP Sala 1		10:20 – 10:45 Hipopressius Sala 1	
11:00	11:00 – 12:00 BEST CYCLING Sala Cycle		11:00 – 12:00 BEST CYCLING Sala Cycle		11:00 – 12:00 BEST CYCLING Sala Cycle		11:00 – 12:00 BEST CYCLING Sala Cycle		11:00 – 12:00 BEST CYCLING Sala Cycle
14:00	14:00 – 15:00 BEST CYCLING Sala Cycle		14:00 – 15:00 BEST CYCLING Sala Cycle		14:00 – 15:00 BEST CYCLING Sala Cycle		14:00 – 15:00 BEST CYCLING Sala Cycle		14:00 – 15:00 BEST CYCLING Sala Cycle
17:00	17:00 – 17:45 Street Dance Sala 2	17:00 – 17:45 GAC Sala 1	17:00 – 17:45 Fit Kids Sala 2	17:00 – 17:45 Fit Junior Sala de fitness	17:00 – 17:45 Street Dance Sala 2	17:00 – 17:45 GAC Sala 1	17:00 – 17:45 Fit Kids Sala 2	17:00 – 17:45 Fit Junior Sala de fitness	
	17:50 – 18:35 ZUMBA Sala 1	17:50 – 18:15 Fat Burn Sala de fitness	17:50 – 18:35 ZUMBA Family! Sala 2		17:50 – 18:35 ZUMBA Sala 1	17:50 – 18:15 Fat Burn Sala de fitness	17:50 – 18:35 ZUMBA Family! Sala 2		
18:00	18:00 – 18:45 BEST CYCLING Sala Cycle		18:00 – 19:00 BEST CYCLING Sala Cycle		18:00 – 19:00 BEST CYCLING Sala Cycle		18:00 – 19:00 BEST CYCLING Sala Cycle		18:00 – 19:00 BEST CYCLING Sala Cycle
	18:45 – 19:30 Cycling Sala cycle	18:20 – 18:45 Boot Camp Sala de fitness				18:20 – 18:45 Boot Camp Sala de fitness			18:00 – 18:45 Circuit Sala de fitness
		18:50 – 19:35 Cardio Tono Sala 1		18:15 – 19:00 BODYPUMP Sala 1	18:10 – 19:00 Pilates (*) Sala 2	18:50 – 19:35 Cardio Tono Sala 1		18:15 – 19:00 BODYPUMP Sala 1	18:10 – 19:00 Pilates (*) Sala 2
19:00	19:00 – 19:50 Pilates (*) Sala 2		19:25 – 20:10 Cycling Sala cycle	19:00 – 19:50 loga (*) Sala 2	19:00 – 19:45 Cycling Sala cycle	19:00 – 19:50 Pilates (*) Sala 2	19:25 – 20:10 Cycling Sala cycle	19:00 – 19:50 loga (*) Sala 2	
	19:30 – 20:30 BEST CYCLING Sala Cycle	19:45 – 20:30 BODYPUMP Sala 1		19:00 – 19:50 Aqua Wellness Piscina petita	19:45 – 20:45 BEST CYCLING Sala Cycle	19:45 – 20:30 BODYPUMP Sala 1		19:00 – 19:50 Aqua Wellness Piscina gran	
	19:55 – 20:45 Pilates (*) Sala 2					19:55 – 20:45 Pilates (*) Sala 2			
20:00		20:30 – 21:00 ABD+Stretching Sala 1				20:30 – 21:00 ABD+Stretching Sala 1			
	20:50 – 21:40 Pilates (*) Sala 2		20:15 – 21:00 BODYPUMP Sala 1			20:50 – 21:40 Pilates (*) Sala 2	20:15 – 21:00 BODYPUMP Sala 1		
21:00			21:00 – 22:00 BEST CYCLING Sala Cycle				21:00 – 22:00 BEST CYCLING Sala Cycle		
			21:05 – 21:30 ABD+Stretching Sala 1				21:05 – 21:30 ABD+Stretching Sala 1		

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.

(*) = Activitat de pagament complementari, consulteu a recepció