



ACTIVITATS AIGUA SETEMBRE

ACTIVITATS DIRIGIDES D'AIGUA

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
7:15	AQUADEEP	PF			AQUADEEP	PF			AQUADEEP	PF
8:00	AQUAHIIT 30'	PF			AQUAHIIT 30'	PF				
8:30	AQUAGIM+60	PPF	AGUAGIM+60	PPF	AQUAGIM+60	PPF	AQUAGIM+60	PPF	AQUAGIM+60	PPF
9:30	TBA-AQUAGIM	PPF			TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF		
10:15	AQUADEEP	PF			AQUADEEP	PF			AQUADEEP	PF
10:15	AQUATERAPIA	PF			AQUATERAPIA	PF				
10:30	TBA-AQUAGIM	PPF			TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF
11:15	TBA-AQUAGIM	PPF			TBA-AQUAGIM	PPF			TBA-AQUAGIM	PPF
13:30			AQUAFITNESS	PF			AQUAFITNESS	PF		
14:30	AQUAMATER*	PF	TBA-AQUAGIM	PPF	AQUAMATER*	PF	TBA-AQUAGIM	PPF	AQUAMATER*	PF
14:30										
19:00	TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF		
19:45	TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF	TBA-AQUAGIM	PPF
20:30	AQUAFITNESS	PF	TBA-AQUAGIM	PPF	AQUAHIIT 30'	PF	TBA-AQUAGIM	PPF		

Totes les sessions tenen una durada de 45 minuts.
*Activitat gratuïta nomès pels abonats del centre.

PPF Piscina poc fonda **PF** Piscina fonda