



Activitats Dirigides

AGOST

ACTIVITATS DE SALA FITNESS

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
6:30	SPINNING VIRTUAL	S3	COND. FUNCIONAL*	S1	SPINNING VIRTUAL	S3	COND. FUNCIONAL*	S1		
7:30			SPINNING VIRTUAL	S3					FIT CIRCUIT	S1
8:00									SPINNING VIRTUAL	S3
8:30	SPINNING VIRTUAL	S3								
9:00	ZUMBA	S1	SPINNING	S3	ZUMBA	S1	CROSS BOXING	S1	ZUMBA +60*	S1
9:00			COND. FUNCIONAL*	S1	SPINNING VIRTUAL	S3				
9:30	FORMA TOTAL +60*	S2	FIT CROSS	S2	FORMA TOTAL +60*	S2	FORMA TOTAL +60*	S2	GAC	S2
10:00	FIT PILATES	S1	FORMA TOTAL +60*	S1	FIT PILATES	S1	TOT ESQUENA	S1	FIT PILATES	S1
10:00							SPINNING VIRTUAL	S3		
10:30	SPINNING	S3							ABD 30'	S2
11:00	BOOMPA*	S1	TOT ESQUENA	S1	SPINNING	S3	BOOMPA*	S1	SPINNING	S3
11:00					FIT CIRCUIT	S1				
11:15									ZUMBA	S1
12:00	FIT INCLOU	S1	SPINNING VIRTUAL	S3					SPINNING VIRTUAL	S3
13:30	COND. FUNCIONAL*	S1			COND. FUNCIONAL*	S1				
14:30	SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3	CROSS BOXING	S1
14:30									SPINNING VIRTUAL	S3
15:00			PILATES	S2						
15:30							PILATES	S2		
16:00			SPINNING VIRTUAL	S3						
16:30	SPINNING VIRTUAL	S3					SPINNING VIRTUAL	S3		
17:00	ABD 30'	S1	TOT GLUTI 30'	S1					ABD 30'	S2
17:30	CROSS BOXING	S1	TOT ESQUENA	S1	FIT CIRCUIT	S1	CROSS BOXING	S1	GAC	S1
17:30					SPINNING	S3			STRETCHING 30'	S2
17:30									SPINNING VIRTUAL	S3
18:00	FIT PILATES	S2	IOGA	S2	FIT PILATES	S2	IOGA	S2	FIT PILATES	S2
18:30	ZUMBA	S1	ZUMBA	S1	BOOMPA*	S1	GAC	S1	ZUMBA	S1
18:30	SPINNING	S3	SPINNING VIRTUAL	S3			SPINNING	S3		
19:30	FIT IOGA	S2	PILATES	S2	FIT IOGA	S2	PILATES	S2	FIT IOGA	S2
19:30	COND. FUNCIONAL*	S1	FIT CROSS	S1	ZUMBA	S1	BOOMPA*	S1	SPINNING	S3
19:30					SPINNING VIRTUAL	S3			FIT CIRCUIT	S1
20:30	BOOMPA*	S1	SPINNING	S3	CROSS BOXING	S1	SPINNING VIRTUAL	S3		
20:30			ZUMBA	S1			ZUMBA	S1		
21:30	SPINNING VIRTUAL	S3			SPINNING VIRTUAL	S3			SPINNING VIRTUAL	S3

ACTIVITATS DE SALA **FITNESS**

DISSABTE

8:00	SPINNING VIRTUAL	S3
10:00	SPINNING	S3
10:00	PILATES INICIACIÓ	S2
11:00	FIT CROSS	S1
11:00	FIT PILATES	S2
12:00	SPINNING VIRTUAL	S3
15:00	SPINNING VIRTUAL	S3
17:30	SPINNING VIRTUAL	S3

DIUMENGE

9:00	SPINNING VIRTUAL	S3
10:30	SPINNING	S3
11:30	FIT CIRCUIT	S1
13:00	SPINNING VIRTUAL	S3

- Act. cardiovasculars
- Spinning amb tècnic/a
- Spinning virtual
- Act. integrals ment i cos
- Act. de treball muscular
- Act. per a gent gran

- S1 Sala gran
- S2 Sala petita
- S3 Sala Spinning
- SF Sala Fitness

ACTIVITATS D'AIGUA **PISCINA**

DILLUNS

DIMARTS

DIMECRES

DIJOUS

DIVENDRES

8:30	AQUAGIM +60	PPF	AQUAGIM +60	PPF	AQUAGIM +60	PPF	AQUAGIM +60	PPF	AQUAGIM +60	PPF
9:30	AQUAGIM	PPF	AQUAGIM	PPF	AQUAGIM	PPF	AQUAGIM	PPF	AQUAGIM	PPF
10:30	AQUAGIM	PPF	AQUAGIM	PPF	AQUAGIM	PPF	AQUAGIM	PPF	AQUAGIM	PPF
11:15	AQUAEXTREM	PPF	AQUAEXTREM	PPF	AQUAEXTREM	PPF	AQUAEXTREM	PPF	AQUAEXTREM	PPF
19:00	AQUAEXTREM	PPF	AQUAEXTREM	PPF	AQUADANCE	PPF	AQUAEXTREM	PPF	AQUAEXTREM	PPF
19:45	AQUAGIM	PPF	AQUAGIM	PPF	AQUAGIM	PPF	AQUAGIM	PPF	AQUAHIIT 30'	PF
20:15									AQUAFITNESS	PF
20:30	AQUAHIIT 30'	PPF	AQUAEXTREM	PPF	AQUAFITNESS	PF	AQUAEXTREM	PPF		

PPF Piscina poc fonda PF Piscina fonda

Totes les sessions tenen una durada de 45 minuts.

*Activitat a partir de 16 anys.

L'empresa es reserva el dret de realitzar canvis a la graella d'activitats quan per motius excepcionals sigui necessari.



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