

HORARIS AGOST

ACTIVITATS DIRIGIDES

ACTIVITATS DE SALA **FITNESS**

	DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
6:30	SPINNING VIRTUAL	S3	POWER FUNCIONAL*	S1	SPINNING VIRTUAL	S3	POWER CIRCUIT	S1		
7:00									CROSS BOXING	S1
7:30			SPINNING VIRTUAL	S3						
8:00									SPINNING VRT. 30'	S3
8:30	SPINNING VIRTUAL	S3								
9:00	ZUMBA	S1	SPINNING	S3	SPINNING VRT. 30'	S3	FIT TOTAL +60*	S1	ZUMBA +60*	S1
9:00			FIT FUNCIONAL*	S1	ZUMBA	S1				
9:30	FIT TOTAL +60*	S2			FIT TOTAL +60*	S2			FIT GAC	S2
10:00	FIT PILATES	S1	FIT TOTAL +60*	S1	FIT PILATES	S1	TOT ESQUENA	S1	FIT PILATES	S1
10:00					SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3
10:30	SPINNING	S3								
11:00	BOOMPA*	S1	TOT ESQUENA	S1	SPINNING	S3	BOOMPA*	S1	SPINNING	S3
11:00			FIT CIRCUIT	S3	POWER WOW	S1			ZUMBA	S1
11:15			SPINNING VRT. 30'	S3						
12:00	FIT INCLOU	S1	SPINNING VRT. 30'	S3			SPINNING VIRTUAL	S3		
13:30	POWER FUNCIONAL*	S1			POWER FUNCIONAL*	S1				
14:30	SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3
14:30									CROSS BOXING	S1
16:00			SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3	SPINNING VIRTUAL	S3		
17:00	POWER ABD	S1	POWER GLUTIS	S1	SPINNING VRT. 30'	S3	SPINNING VRT. 30'	S3	IOGUILATES	S2
17:00	FIT PILATES	S2	IOGA	S2	PILATES	S2	FIT IOGA	S2		
17:30	CROSS BOXING	S1	TOT ESQUENA	S1	POWER CIRCUIT	S1	CROSS BOXING	S1	POWER GAC	S1
17:30					SPINNING	S3				
18:00			SPINNING VRT. 30'	S3			SPINNING VRT. 30'	S3	SPINNING VRT. 30'	S3
18:30			ZUMBA	S1	BOOMPA*	S1	SPINNING	S3	ZUMBA	S1
18:45	SPINNING	S3								
19:00	FIT IOGA	S2	SPINNING VIRTUAL	S3	IOGA	S2	FIT PILATES	S2	TOT ESQUENA	S2
19:00			FIT PILATES	S2						
19:30	POWER FUNCIONAL*	S1	POWER CROSS	S1	SPINNING VIRTUAL	S3	BOOMPA*	S1	SPINNING	S3
19:30					ZUMBA	S1			POWER WOW	S1
20:30	BOOMPA*	S1	SPINNING	S3	CROSS BOXING	S1	SPINNING VRT. 30'	S3		
20:30							ZUMBA	S1		
21:30	SPINNING VIRTUAL	S3			SPINNING VRT. 30'	S3			SPINNING VIRTUAL	S3

ACTIVITATS DE SALA **FITNESS**

DISSABTE

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

DIUMENGE

9:00	SPINNING VIRTUAL	S3
10:30	SPINNING	S3
11:30	POWER 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

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

DIMARTS

AQUAGIM +60	PPF
AQUAGIM	PPF
AQUAGIM	PPF
AQUAEXTREM	PPF
AQUAEXTREM	PPF
AQUAGIM	PPF
AQUAEXTREM	PPF
AQUAEXTREM	PPF

DIMECRES

AQUAGIM +60	PPF
AQUAGIM	PPF
AQUAGIM	PPF
AQUAEXTREM	PPF
AQUADANCE	PPF
AQUAGIM	PPF
AQUABOARD	PF
AQUAFITNESS	PF

DIJOUS

AQUAGIM +60	PPF
AQUAGIM	PPF
AQUAGIM	PPF
AQUAEXTREM	PPF
AQUAEXTREM	PPF
AQUAGIM	PPF
AQUAEXTREM	PPF
AQUAEXTREM	PPF

DIVENDRES

AQUAGIM +60	PPF
AQUAGIM	PPF
AQUAGIM	PPF
AQUAEXTREM	PPF
AQUAEXTREM	PPF
AQUAHIIT 30'	PF

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.



CAN FELIPA
CENTRE ESPORTIU
MUNICIPAL
MODEL ABONAMENT

