

# ACTIVITATS DIRIGIDES

Del 8 de juliol al 30 d'agost

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8:00 H		<b>PILATES **</b> Sala 1 - 20 places		<b>GLOBAL FIT *</b> Sala 1 - 20 places	<b>TONO **</b> Sala 1 - 18 places
9:00 H	<b>ZUMBA **</b> Sala 1 - 22 places	<b>AIGUAGYM *</b> Piscina - 40 places	<b>INTERVAL ***</b> Sala 1 - 16 places	<b>PILATES **</b> Sala 1 - 20 places	<b>AIGUAGYM *</b> Piscina - 40 places
10:00 H	<b>GIMNÀSTICA DOLÇA *</b> Sala 1 - 25 places		<b>AIGUAGYM *</b> Piscina - 40 places		
18:00 H	<b>BODY GYM ***</b> Sala 1 - 16 places	<b>CARDIOBOX ***</b> Sala 1 - 22 places	<b>GLOBAL FIT *</b> Sala 1 - 20 places	<b>INTERVAL ***</b> Sala 1 - 16 places	<b>PILATES **</b> Sala 1 - 22 places
19:00 H	<b>AIGUAGYM *</b> Piscina - 40 places	<b>PILATES **</b> Sala 1 - 20 places	<b>IOGA VINYASA **</b> Sala 1 - 20 places	<b>ZUMBA **</b> Sala 1 - 22 places	<b>BODY GYM ***</b> Sala 1 - 16 places
20:00 H	<b>PILATES **</b> Sala 1 - 20 places	<b>TONO **</b> Sala 1 - 18 places	<b>CYCLING ***</b> Sala 3 - 14 places	<b>BODY GYM ***</b> Sala 1 - 16 places	<b>PILATES **</b> Sala 1 - 22 places