

ACTIVITATS DIRIGIDES ESTIU

Del 7 de juliol al 5 de setembre

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	
8:00 H	PILATES Sala 1 - 20 places	GLOBAL FIT Sala 1 - 20 places		GLOBAL FIT Sala 1 - 20 places	PILATES Sala 1 - 20 places	
9:15 H	ZUMBA Sala 1 - 20 places	BODY GYM Sala 1 - 16 places	AIGUAGYM Piscina - 40 places	INTERVAL Sala 1 - 16 places	TONO Sala 1 - 18 places	
	INTERVAL Sala 1 - 16 places		HATHA IOGA Sala 1 - 20 places			
10:15 H	AIGUAGYM Piscina - 40 places	AIGUAGYM Piscina - 40 places	ZUMBA Sala 1 - 20 places	TONO Sala 1 - 18 places	AIGUAGYM Piscina - 40 places	GIMNÀSTICA DOLÇA Sala 1 - 20 places
17:00 H	ASSESSORAMENT SALA FITNESS	ASSESSORAMENT SALA FITNESS	ASSESSORAMENT SALA FITNESS	ASSESSORAMENT SALA FITNESS	ASSESSORAMENT SALA FITNESS	
18:00 H	BODY GYM Sala 1 - 16 places	GLOBAL FIT Sala 1 - 20 places	PILATES Sala 1 - 20 places	INTERVAL Sala 1 - 16 places	BODY GYM Sala 1 - 16 places	
	ASSESSORAMENT SALA FITNESS	ASSESSORAMENT SALA FITNESS	ASSESSORAMENT SALA FITNESS	ASSESSORAMENT SALA FITNESS		
19:00 H	TONO Sala 1 - 18 places	AIGUAGYM Piscina - 40 places	GLOBAL FIT Sala 1 - 20 places	CYCLING Sala 1 - 14 places	GLOBAL STRETCH Sala 1 - 20 places	PILATES Sala 1 - 20 places
	ASSESSORAMENT SALA FITNESS	ASSESSORAMENT SALA FITNESS	IOGA RESTAURATIU Sala 3 - 10 places	ASSESSORAMENT SALA FITNESS		
20:00 H	PILATES Sala 1 - 20 places	GAC 30 MINUTS Sala 1 - 18 places	HATHA IOGA Sala 1 - 20 places			
	ASSESSORAMENT SALA FITNESS	ASSESSORAMENT SALA FITNESS	CARDIOBOX Sala 3 - 10 places	NATACIÓ ADULTS Piscina Exterior - 20 places		