

ACTIVITATS DIRIGIDES

A partir del 7 de gener

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORA	DISSABTE
7:00 H		ASSESSORAMENT SALA FITNESS					
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 - 22 places	BODY GYM Sala 1 - 16 places	HATHA IOGA Sala 1 - 20 places	9:10H INTERVAL Sala 1 - 16 places	TONO Sala 1 - 18 places	9:15 H	INTERVAL 30 MINUTS Sala 1 - 16 places
10:15 H	AIGUAGYM Piscina - 40 places	AIGUAGYM Piscina - 40 places	ZUMBA Sala 1 - 22 places	10:00H - AIGUAGYM Piscina - 40 places	GIMNÀSTICA DOLÇA Sala 1 - 25 places	9:50 H	AIGUAGYM 30 MINUTS Piscina - 20 places
		GIMNÀSTICA DOLÇA Sala 1 - 25 places					
11:15 H	HATHA IOGA Sala 1 - 20 places		PILATES Sala 1 - 20 places				
15:15 H	CARDIOBOX Sala 1 - 22 places	ZUMBA Sala 1 - 22 places	TONO Sala 1 - 18 places	PILATES Sala 1 - 20 places	BODY GYM Sala 1 - 16 places		
17:00 H	16:55h - ENTRENAMENT FORÇA Sala 1 - 14 places	PILATES Sala 1 - 20 places	BODY GYM Sala 1 - 16 places	ASSESSORAMENT SALA FITNESS	TONO Sala 1 - 18 places		
	GLOBAL FIT Sala 3 - 10 places		GLOBAL FIT Sala 3 - 10 places				
18:00 H	17:50h - BODY GYM Sala 1 - 16 places	CARDIOBOX Sala 1 - 22 places	PILATES Sala 1 - 20 places	INTERVAL Sala 1 - 16 places	CARDIOBOX Sala 1 - 22 places		
	PILATES Sala 3 - 10 places	GLOBAL FIT Sala 3 - 10 places	CYCLING Sala 3 - 14 places	GLOBAL FIT Sala 3 - 10 places			
19:00 H	18.50h - HATHA VINYASA IOGA Sala 1 - 20 places	INTERVAL Sala 1 - 16 places	CARDIOBOX Sala 1 - 22 places	ZUMBA Sala 1 - 22 places	PILATES Sala 1 - 20 places		
	CYCLING Sala 3 - 14 places		IOGA RESTAURATIU Sala 3 - 10 places	PILATES Sala 3 - 10 places			
	ASSESSORAMENT SALA FITNESS	AIGUAGYM Piscina - 20 places	NATACIÓ PER ADULTS Piscina - 14 places				
20:00 H		BODYCARDIO 30 MINUTS Sala 1 - 18 places	HATHA IOGA Sala 1 - 20 places	GAC 30 MINUTS Sala 1 - 18 places			