

# TEMPORADA 2020 - 2021 ACTIVITATS DIRIGIDES ADULTS



## SpinVirtual

El Club Natació Sabadell ofereix EL NOU SISTEMA DE CLASSES DE CICLISME INDOOR! Amb l'Spin Virtual podràs practicar spinning a qualsevol hora que no hi hagi monitor presencial.



abonament  
3,20€  
mensuals



### HORARIS: CENTRE GRAN VIA

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORARI	DISSABTE	DIUMENGE
06:00 - 06:15	Neteja	Neteja	Neteja	Neteja	Neteja	06:00 - 06:25	SPIN VIRTUAL ♥♥♥	
06:15 - 06:45	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	06:30 - 06:55		
06:45 - 07:15						07:00 - 07:25	Neteja	Neteja
07:15 - 07:55	Neteja	Neteja	Neteja	Neteja	Neteja	07:30 - 07:55	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥
08:00 - 08:25	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	08:00 - 08:25		
08:30 - 08:55						08:30 - 08:55	Neteja	Neteja
09:00 - 09:25	Neteja	Neteja	Neteja	Neteja	Neteja	09:00 - 09:25	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥
09:30 - 09:55	SPIN VIRTUAL ♥♥♥	SPINCLUB * ♥♥♥	SPIN VIRTUAL ♥♥♥	SPINCLUB * ♥♥♥	SPIN VIRTUAL ♥♥♥	09:30 - 09:55		
10:00 - 10:25						10:00 - 10:25	Neteja	Neteja
10:30 - 10:55	Neteja	Neteja	Neteja	Neteja	Neteja	10:30 - 10:55	SPINCLUB * ♥♥♥	SPIN VIRTUAL ♥♥♥
11:00 - 11:25	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	11:00 - 11:25		
11:30 - 11:55						11:30 - 11:55	Neteja	Neteja
12:00 - 12:25	Neteja	Neteja	Neteja	Neteja	Neteja	12:00 - 12:25	SPIN VIRTUAL ♥♥♥	SPINCLUB * ♥♥♥
12:30 - 12:55	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	12:30 - 12:55		
13:00 - 13:25						13:00 - 13:25	Neteja	Neteja
13:30 - 13:55	Neteja	Neteja	Neteja	Neteja	Neteja	13:30 - 13:55	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥
14:00 - 14:25	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	14:00 - 14:25		
14:30 - 14:55						14:30 - 14:55	Neteja	Neteja
15:00 - 15:25	Neteja	Neteja	Neteja	Neteja	Neteja	15:00 - 15:25	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥
15:30 - 15:55	SPIN VIRTUAL ♥♥♥	SPINCLUB * ♥♥♥	SPIN VIRTUAL ♥♥♥	SPINCLUB * ♥♥♥	SPIN VIRTUAL ♥♥♥	15:30 - 15:55		
16:00 - 16:25						16:00 - 16:25	Neteja	
16:30 - 16:55	Neteja	Neteja	Neteja	Neteja	Neteja	16:30 - 16:55	SPIN VIRTUAL ♥♥♥	
17:00 - 17:25	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	17:00 - 17:25		
17:30 - 17:55						17:30 - 17:55	Neteja	
18:00 - 18:25	Neteja	Neteja	Neteja	Neteja	Neteja	18:00 - 18:25	SPIN VIRTUAL ♥♥♥	
18:30 - 18:55	SPINCLUB * ♥♥♥	SPINCLUB * ♥♥♥	SPINCLUB * ♥♥♥	SPINCLUB * ♥♥♥	SPINCLUB * ♥♥♥	18:30 - 18:55		
19:00 - 19:25						19:00 - 19:25	Neteja	
19:30 - 19:55	Neteja	Neteja	Neteja	Neteja	Neteja	19:30 - 19:55	SPIN VIRTUAL ♥♥♥	
20:00 - 20:25	SPINCLUB * ♥♥♥	SPINCLUB * ♥♥♥	SPINCLUB * ♥♥♥	SPINCLUB * ♥♥♥	SPIN VIRTUAL ♥♥♥	20:00 - 20:25		
20:30 - 20:55						20:30 - 20:55	Neteja	
21:00 - 21:25	Neteja	Neteja		Neteja	Neteja			
21:30 - 21:55	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥	SPIN VIRTUAL ♥♥♥			
22:00 - 22:25								
22:30 - 22:55	...	...	...	...	...			

♥ Intensitat i/o dificultat baixa  
♥♥ Intensitat i/o dificultat mitja  
♥♥♥ Intensitat i/o dificultat alta

### CENTRE CAN LLONG

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORARI	DISSABTE	DIUMENGE
06:00 - 06:15	Neteja	Neteja	Neteja	Neteja	Neteja	06:00 - 06:25		
06:15 - 06:45	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPINCLUB S2 * ♥♥♥ EXERCICI INGLAIS LES 7:00	SPIN VIRTUAL S2 ♥♥♥	06:30 - 06:55	SPIN VIRTUAL S2 ♥♥♥	
06:45 - 07:15						07:00 - 07:25	Neteja	Neteja
07:15 - 07:55	Neteja	Neteja	Neteja	Neteja	Neteja	07:30 - 07:55		
08:00 - 08:25	SPINCLUB S2 * ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	08:00 - 08:25	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥
08:30 - 08:55						08:30 - 08:55	Neteja	Neteja
09:00 - 09:25	Neteja	Neteja	Neteja	Neteja	Neteja	09:00 - 09:25	SPIN VIRTUAL S2 ♥♥♥	
09:30 - 09:55	SPINCLUB S2 * ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPINCLUB S2 * ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPINCLUB S2 * ♥♥♥	09:30 - 09:55		SPINCLUB S2 * ♥♥♥
10:00 - 10:25						10:00 - 10:25	Neteja	
10:30 - 10:55	Neteja	Neteja	Neteja	Neteja	Neteja	10:30 - 10:55	SPINCLUB S2 * ♥♥♥	SPIN VIRTUAL S2 ♥♥♥
11:00 - 11:25	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	11:00 - 11:25		
11:30 - 11:55						11:30 - 11:55	Neteja	Neteja
12:00 - 12:25	Neteja	Neteja	Neteja	Neteja	Neteja	12:00 - 12:25	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥
12:30 - 12:55	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	12:30 - 12:55		
13:00 - 13:25						13:00 - 13:25	Neteja	Neteja
13:30 - 13:55	Neteja	Neteja	Neteja	Neteja	Neteja	13:30 - 13:55	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥
14:00 - 14:25	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	14:00 - 14:25		
14:30 - 14:55						14:30 - 14:55	Neteja	Neteja
15:00 - 15:25	Neteja	Neteja	Neteja	Neteja	Neteja	15:00 - 15:25	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥
15:30 - 15:55	SPINCLUB S2 * ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPINCLUB S2 * ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPINCLUB S2 * ♥♥♥	15:30 - 15:55		
16:00 - 16:25						16:00 - 16:25	Neteja	
16:30 - 16:55	Neteja	Neteja	Neteja	Neteja	Neteja	16:30 - 16:55	SPIN VIRTUAL S2 ♥♥♥	
17:00 - 17:25	SPINCLUB S2 * ♥♥♥	SPINCLUB S2 * ♥♥♥	SPINCLUB S2 * ♥♥♥	SPINCLUB S2 * ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	17:00 - 17:25		
17:30 - 17:55						17:30 - 17:55	Neteja	
18:00 - 18:25	Neteja	Neteja	Neteja	Neteja	Neteja	18:00 - 18:25	SPIN VIRTUAL S2 ♥♥♥	
18:30 - 18:55	SPINCLUB S2 * ♥♥♥	SPINCLUB S2 * ♥♥♥	SPINCLUB S2 * ♥♥♥	SPINCLUB S2 * ♥♥♥	SPINCLUB S2 * ♥♥♥	18:30 - 18:55		
19:00 - 19:25						19:00 - 19:25	Neteja	
19:30 - 19:55	Neteja	Neteja	Neteja	Neteja	Neteja	19:30 - 19:55	SPIN VIRTUAL S2 ♥♥♥	
20:00 - 20:25	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	20:00 - 20:25		
20:30 - 20:55						20:30 - 20:55	Neteja	
21:00 - 21:25	Neteja	Neteja		Neteja	Neteja			
21:30 - 21:55	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥	SPIN VIRTUAL S2 ♥♥♥			
22:00 - 22:25								

♥ Intensitat i/o dificultat baixa  
♥♥ Intensitat i/o dificultat mitja  
♥♥♥ Intensitat i/o dificultat alta

\*necessari reservar. El Club es reserva el dret de modificar els horaris sense avís previ.