

HORARIS ACTIVITATS DIRIGIDES

A partir del 9 de gener de 2023

CENTRE GRAN VIA

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	HORARI	DISSABTE	DIUMENGE
07:00 - 07:50	CIRCUIT FIT S1 40 Eva ♥♥	BODY PUMP® S1 40 Sergio ♥♥♥	T.B.C. S1 40 Eva ♥♥♥	BODY COMBAT® S1 40 Sergio ♥♥♥	JUMPING S1 14 Eva ♥♥♥	09:00 - 09:50	IOGA Hatha S1 40 Gemma ♥♥	REEDUCACIÓ POSTURAL S1 Pol 40 Pol ♥
08:00 - 08:50	FUNCIONAL S1 40 Marc ♥♥♥	BODY BALANCE® S1 40 Sergio ♥♥	BODY COMBAT® S1 40 Sergio ♥♥♥	REEDUCACIÓ POSTURAL S1 Sergio 40 ♥	...	10:30 - 11:20	IOGA Hatha (10:00) S1 40 Gemma ♥♥	BODY PUMP® S1 Pol 40 Pol ♥♥♥
09:30 - 10:20	G.A.C. S1 40 Eva ♥♥♥	MANTENIMENT S1 40 Eva ♥♥	T.B.C. S1 40 Marc ♥♥♥	MANTENIMENT S1 40 Sergio ♥♥	CIRCUIT FIT S1 40 Eva ♥♥	12:00 - 12:50	SPINCLUB S2 30 Pol ♥♥♥	...
	...	SPINCLUB S2 30 Sergio ♥♥♥	BODY BALANCE® SP 10 Sergio ♥♥	...	SPINCLUB S2 30 Sergio ♥♥♥		T.B.C. S1 40 Pol ♥♥♥	SPINCLUB S2 30 Pol ♥♥♥
10:30 - 11:20	JUMPING S1 14 Marc ♥♥♥	BALLS EN LINIA S1 40 Isabel ♥♥	IOGA Hatha S1 40 Marian ♥♥	ZUMBA S1 40 Eva ♥♥	REEDUCACIÓ POSTURAL S1 Sergio 40 ♥			
15:30 - 16:20	TONIFICACIÓ S1 40 Elena ♥♥	...	BODY BALANCE® S1 40 Elena ♥♥	...	IOGA Hatha S1 40 Gemma ♥♥			
	...	BODY MIND SS 10 Gemma ♥	...	BODY MIND SS 10 Gemma ♥	...			
16:30 - 17:20	IOGA Hatha S1 40 Gemma ♥♥	BODY PUMP® S1 40 Elena ♥♥♥	FUNCIONAL EX 50 Andrea ♥♥♥	G.A.C. S1 40 Elena ♥♥♥	HIT 25' S1 40 Andrea ♥♥			
	SPINCLUB S2 30 Cesc ♥♥♥	IOGA Hatha SS 10 Gemma ♥♥	IOGA Hatha S1 40 Gemma ♥♥	IOGA Hatha SS 10 Gemma ♥♥	...			
17:00 - 17:50			
	TAI-TXI SP 10 Manel ♥	...	TXI-KUNG SP 10 Manel ♥			
17:30 - 18:20	BODY PUMP® S1 40 Elena ♥♥♥	T.B.C. S1 40 Marc ♥♥♥	G.A.C. S1 40 Andrea ♥♥♥	T.B.C. S1 40 Cesc ♥♥♥	ZUMBA S1 40 Andrea ♥♥			
	BODY COMBAT® EX 50 Ana ♥♥♥	SPINCLUB S2 30 Elena ♥♥♥	...	SPINCLUB S2 30 Elena ♥♥♥	...			
18:30 - 19:20	MANTENIMENT S1 40 Elena ♥♥	FIT-TRAINING S1 40 Cesc ♥♥♥	JUMPING S1 14 Ana ♥♥♥	IOGA Hatha S1 40 Marian ♥♥	T.B.C. S1 40 Cesc ♥♥♥			
	...	FUNCIONAL EX 40 Marc ♥♥♥	MANTENIMENT SE 50 Elena ♥♥			
	SPINCLUB S2 30 Marc ♥♥♥	SPINCLUB S2 30 Andrea ♥♥♥	SPINCLUB S2 30 Andrea ♥♥♥	SPINCLUB S2 30 Marc ♥♥♥	SPINCLUB S2 30 Alejandro ♥♥♥			
19:30 - 20:20	T.B.C. S1 40 Cesc ♥♥♥	ZUMBA S1 40 Andrea ♥♥	FIT-TRAINING S1 40 Cesc ♥♥♥	T.B.C. S1 40 Marc ♥♥♥	JUMPING S1 14 Alejandro ♥♥♥			
	ZUMBA SP 10 Ana ♥♥	G.A.C. EX 50 Diego ♥♥♥	BODY COMBAT® SP 10 Ana ♥♥♥	HIT / HOT EX 50 Diego ♥♥	...			
	SPIN -TONO S2 30 Diego ♥♥♥	SPINCLUB S2 30 Cesc ♥♥♥	SPIN -TONO S2 30 Diego ♥♥♥			
20:30 - 21:20	Funcional S1 40 Ana ♥♥	IOGA Hatha S1 40 Gemma ♥♥	ZUMBA SP 10 Ana ♥♥	IOGA Hatha S1 40 Gemma ♥♥	...			
	IOGA Hatha SP 10 Gemma ♥♥♥	...	IOGA Hatha S1 40 Gemma ♥♥			

- ♥ Intensitat i/o dificultat baixa
- ♥♥ Intensitat i/o dificultat mitja
- ♥♥♥ Intensitat i/o dificultat alta
- SP Sala pilates
- TT Sala de Tennis Taula
- SS Sala social (costat sala social activitats dirigides)
- S1 Sala 1 (activitats dirigides)
- EX Camp futbol
- SE Sala estiraments (costat gimnàs)

