

ACTIVITATS DIRIGIDES

DE L'11 D'ABRIL AL 30 DE JUNY 2023

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	BODY MIND S1 40 Pol ♥	REEDUCACIÓ POSTURAL S1 Pol ♥
08:00 - 08:50	...	BODY BALANCE® S1 40 Sergio ♥♥	BODY PUMP® S1 40 Sergio ♥♥♥	REEDUCACIÓ POSTURAL S1 Sergio ♥	...	10:30 - 11:20	...	BODY PUMP® S1 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 40 Pol ♥♥♥	...
10:30 - 11:20	...	SPINCLUB S2 40 Sergio ♥♥♥	BODY BALANCE® SP 12 Sergio ♥♥	...	SPINCLUB S2 40 Sergio ♥♥♥		T.B.C. S1 40 Pol ♥♥♥	SPINCLUB S2 40 Pol ♥♥♥
10:30 - 11:20	REEDUCACIÓ POSTURAL S1 Sergio ♥	BALLS EN LINIA S1 40 Isabel ♥♥	IOGA Hatha S1 40 Marian ♥♥	ZUMBA S1 40 Eva ♥♥	REEDUCACIÓ POSTURAL S1 Sergio ♥			
15:30 - 16:20	TONIFICACIÓ S1 40 Elena ♥♥	IOGA Vinyassa SS 12 Gemma ♥♥	...	IOGA Hatha SS 12 Gemma ♥♥	...			
16:30 - 17:20	...	CIRCUIT GAC S1 40 Ana ♥♥	BODY BALANCE® S1 40 Elena ♥♥	REEDUCACIÓ POSTURAL S1 Elena ♥	IOGA Hatha S1 40 Gemma			
17:00 - 17:50	IOGA Hatha S1 40 Gemma ♥♥	BODY MIND SS 12 Gemma ♥	...	BODY MIND SS 12 Gemma ♥	...			
17:30 - 18:20	SPINCLUB S2 40 Cesc ♥♥♥	BODY BALANCE® SP 12 Elena ♥♥	IOGA Hatha SS 40 Gemma ♥♥	BODY PUMP® S1 40 Anet ♥♥♥	HIT 25' S1 40 Andrea ♥♥♥			
18:30 - 19:20	...	IOGA Hatha S1 12 Gemma ♥♥	SPINCLUB S2 40 Marc ♥♥♥			
19:30 - 20:20	JUMPING 30' S1 14 Ana ♥♥♥	...	JUMPING 30' S1 14 Ana ♥♥♥			
20:30	TAI-TXI SP 12 Manel ♥	...	TXI-KUNG SP 12 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 ♥♥			
18:30 - 19:20	BODY COMBAT® EX 15 Ana ♥♥♥	SPINCLUB S2 40 Elena ♥♥♥	SPINCLUB S2 40 Ana ♥♥♥	SPINCLUB S2 40 Elena ♥♥♥	...			
19:30 - 20:20	MANTENIMENT S1 40 Elena ♥♥	BODY PUMP® S1 40 Ana ♥♥♥	MANTENIMENT S1 40 Elena ♥♥	...	T.B.C. S1 40 Cesc ♥♥♥			
20:30	...	FUNCIONAL EX 15 Marc ♥♥♥	...	IOGA Hatha S1 40 Marian ♥♥	...			
19:30 - 20:20	T.B.C. S1 40 Cesc ♥♥♥	SPINCLUB S2 40 Marc ♥♥♥	SPINCLUB S2 40 Andrea ♥♥♥	SPINCLUB S2 40 Marc ♥♥♥	SPINCLUB S2 40 Sergio ♥♥♥			
19:30 - 20:20	ZUMBA S1 15 Andrea ♥♥	SPINCLUB S2 30 Andrea ♥♥♥	SPINCLUB S2 40 Andrea ♥♥♥	SPINCLUB S2 40 Marc ♥♥♥	SPINCLUB S2 40 Sergio ♥♥♥			
19:30 - 20:20	G.A.C. SO 15 Diego ♥♥♥	SPINCLUB S2 40 Cesc ♥♥♥	SPINCLUB S2 40 Cesc ♥♥♥	SPINCLUB S2 40 Diego ♥♥♥	SPINCLUB S2 40 Sergio ♥♥♥			
19:30 - 20:20	SPIN -TONO S2 40 Diego ♥♥♥	SPINCLUB S2 40 Cesc ♥♥♥	SPIN -TONO S2 40 Diego ♥♥♥	SPIN -TONO S2 40 Diego ♥♥♥	SPINCLUB S2 40 Sergio ♥♥♥			
20:30	HIT 25' S1 40 Ana ♥♥♥	IOGA Hatha S1 40 Gemma ♥♥	IOGA Vinyassa S1 40 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 Solarium davant piscina globus