




HORARI D'ACTIVITATS DIRIGIDES DEL 20 DE DESEMBRE AL 3 DE GENER*

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE*	DIUMENGE
07:10h	CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		
07:15h	LES MILLS BODYPUMP 50' S1	CYCLING 45' SC	LES MILLS BODYBALANCE 50' S1	CYCLING 45' SC	LES MILLS BODYPUMP 50' S1		
08:00h	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC		
08:10h						CYCLING VIRTUAL 45' SC	
08:15h	ABDOMINALS 30' S1	TRX 30' EXT	ABDOMINALS 30' S1	TRX 30' EXT	ABDOMINALS 30' S1		
09:00h	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
09:10h							CYCLING VIRTUAL 45' SC
09:30h	AIGUAGIM 45' PISC	 ZUMBA 50' S1	AIGUAGIM 45' PISC	LES MILLS DANCE 45' S1	AIGUAGIM 45' PISC	LES MILLS BODYBALANCE 50' S1	
10:00h		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING 45' SC
10:30h	CYCLING 45' SC	LES MILLS BODYPUMP 50' S1	CYCLING 45' SC	LES MILLS BODYBALANCE 50' S1	LES MILLS BODYPUMP 50' S1	AIGUAFIT 45' PISC	
11:00h							CROSS TRAINING 45' BOX EXT
						CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC
11:30h	LES MILLS BODYBALANCE 50' S1	CYCLING 45' SC	LES MILLS BODYBALANCE 50' S1	CYCLING 45' SC	ESTIRAMENTS 50' S1	CYCLING 45' SC	
12:00h	CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC
12:15h						 ZUMBA 50' S1	
13:00h	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC
14:00h	CYCLING 45' SC	LES MILLS BODYPUMP 45' S1	CYCLING 45' SC	LES MILLS BODYPUMP 45' S1			
		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
15:00h	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
15:15h	LES MILLS BODYPUMP 45' S1	GAC 45' S1	CROSS TRAINING 45' BOX EXT	CONDICIONAMENT TOTAL 45' S1			
16:00h	AIGUA TRAINING 45' PISC	CROSS TRAINING 45' BOX EXT	LES MILLS BODYBALANCE 50' S1	CROSS TRAINING 45' BOX EXT	LES MILLS BODYPUMP 50' S1		
	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
17:00h	CONDICIONAMENT TOTAL 50' S1	GAC 50' S1	LES MILLS BODYPUMP 50' S1	LES MILLS BODYBALANCE 50' S1	CONDICIONAMENT TOTAL 50' S1		
	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
18:00h	LES MILLS BODYBALANCE 50' S1	CYCLING 45' SC	GAC 50' S1	CYCLING 45' SC	STEP 50' S1		
	CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
19:00h	LES MILLS DANCE 45' S1	AIGUAFIT 45' PISC	LES MILLS BODYBALANCE 50' S1	AIGUAFIT 45' PISC	LES MILLS BODYPUMP 50' S1		
	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	
20:00h	CYCLING 45' SC	LES MILLS DANCE 45' S1	CYCLING 45' SC	 ZUMBA 50' S1	CYCLING 45' SC		
		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC			
21:00h	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC	CYCLING VIRTUAL 45' SC		

*El centre es reserva el dret de variar les activitats ofertades així com de no impartir-ne alguna en el supòsit d'impossibilitat material de substitució