



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

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:10h	LES MILLS BODYPUMP 50' S1	SPINNING 45' SPIN	LES MILLS BODYPUMP 50' S1	SPINNING 45' SPIN	CROSS TRAINING 45' BOX		
	SPINNING 45' SPIN		SPINNING 45' SPIN		SPINNING 45' SPIN		
07:30h		LES MILLS BODYBALANCE 50' S1		LES MILLS BODYBALANCE 50' S1	LES MILLS DANCE 45' S1		
08:00h	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN		
08:10h						SPINNING 45' SPIN	
						LES MILLS DANCE 45' S1	
08:30h	ABDOMINALS 30' S1	fusion 45' BOX	ABDOMINALS 30' S1	boxing 45' BOX	ESTIRAMENTS 30' S1		
		LES MILLS DANCE 45' S1		LES MILLS DANCE 45' S1			
09:00h						LES MILLS BODYBALANCE 50' S1	
	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	
09:10h							LES MILLS DANCE 45' S1
							SPINNING 45' SPIN
09:30h	ZUMBA 50' S1	LES MILLS BODYBALANCE 50' S1	LES MILLS DANCE 45' S1	CONDICIONAMENT TOTAL 50' S1	ZUMBA 50' S1		
10:00h						LES MILLS BODYPUMP 50' S1	
	SPINNING 45' SPIN	SPINNING 30' SPIN	SPINNING 45' SPIN	SPINNING 30' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN
10:30h	AIGUAGIM 45' PISC	SPINNING 45' SPIN	AIGUAGIM 45' PISC	SPINNING 45' SPIN	AIGUAGIM 45' PISC		
11:00h						AIGUAFIT 45' PISC	CROSS TRAINING 45' BOX
	SPINNING 45' SPIN		SPINNING 45' SPIN		SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN
11:15h		SPINNING 30' SPIN		SPINNING 30' SPIN			
11:30h	boxing 45' BOX	LES MILLS BODYPUMP 50' S1	CONDICIONAMENT TOTAL 50' S1	fusion 45' BOX	ESTIRAMENTS 50' S1		
12:00h	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN
12:30h		LES MILLS DANCE 45' S1	LES MILLS BODYBALANCE 50' S1	LES MILLS DANCE 45' S1			
13:00h	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 30' SPIN	SPINNING 45' SPIN
13:30h						LES MILLS BODYBALANCE 50' S1	
14:00h	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	
14:15h	fusion 30' BOX		boxing 30' BOX		CROSS TRAINING 30' BOX		
14:30h						LES MILLS DANCE 45' S1	
14:45h	LES MILLS BODYPUMP 45' S1	LES MILLS BODYBALANCE 45' S1	LES MILLS BODYPUMP 45' S1	LES MILLS DANCE 45' S1	LES MILLS BODYBALANCE 45' S1		
15:00h	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	
15:30h						LES MILLS BODYBALANCE 50' S1	
16:00h	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	
16:30h						LES MILLS DANCE 45' S1	
17:00h	CONDICIONAMENT TOTAL 50' S1	LES MILLS BODYBALANCE 50' S1	CROSS TRAINING 45' BOX	LES MILLS BODYBALANCE 50' S1	boxing 45' BOX		
	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	
17:30h						LES MILLS BODYBALANCE 50' S1	
18:00h	LES MILLS BODYBALANCE 50' S1	LES MILLS BODYPUMP 50' S1	ZUMBA 50' S1	LES MILLS BODYPUMP 50' S1	LES MILLS DANCE 45' S1		
	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	
18:30h						LES MILLS DANCE 45' S1	
19:00h	LES MILLS BODYPUMP 50' S1	AIGUAFIT 45' PISC	boxing 45' BOX	AIGUAFIT 45' PISC	AIGUAFIT 45' PISC		
	boxing		LES MILLS BODYBALANCE 50' S1				
	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	
19:15h		LES MILLS DANCE 45' S1		LES MILLS DANCE 45' S1	LES MILLS BODYBALANCE 45' S1		
20:00h	SPINNING 45' SPIN	ZUMBA 50' S1	SPINNING 45' SPIN	CROSS TRAINING 45' BOX	fusion 45' BOX		
	LES MILLS DANCE 45' S1	SPINNING 45' SPIN	CROSS TRAINING 45' BOX	SPINNING 45' SPIN	SPINNING 45' SPIN		
20:15h			LES MILLS DANCE	LES MILLS BODYBALANCE 45' S1	LES MILLS DANCE 45' S1		
21:00h	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN	SPINNING 45' SPIN		
21:15h	LES MILLS BODYBALANCE 30' S1	LES MILLS DANCE 30' S1	LES MILLS BODYBALANCE 30' S1	LES MILLS DANCE 30' S1	LES MILLS BODYBALANCE 30' S1		

ACTIVITAT VIRTUAL ixi com de no impartir-ne alguna en el supòsit d'impossibilitat material de substitució