

## HORARI D'ACTIVITATS DIRIGIDES DEL 14 AL 25 D'ABRIL \*

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE*	DIUMENGE
07:10h	CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC		
07:15h	<b>LES MILLS BODYPUMP</b> 50' S1	CYCLING 45' SC	<b>LES MILLS BODYBALANCE</b> 50' S1	CYCLING 45' SC	<b>LES MILLS BODYPUMP</b> 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	<b>TRX</b> 30' EXT	ABDOMINALS 30' S1	<b>TRX</b> 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	<b>ZUMBA</b> 50' S1	AIGUAGIM 45' PISC	<b>LES MILLS DANCE</b> 45' S1	AIGUAGIM 45' PISC	<b>LES MILLS BODYBALANCE</b> 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	<b>LES MILLS BODYPUMP</b> 50' S1	CYCLING 45' SC	<b>LES MILLS BODYBALANCE</b> 50' S1	<b>LES MILLS BODYPUMP</b> 50' S1	AIGUAFIT 45' PISC	
11:00h							CROSS TRAINING 45' BOX EXT
					CYCLING VIRTUAL 45' SC		CYCLING VIRTUAL 45' SC
11:30h	<b>LES MILLS BODYBALANCE</b> 50' S1	CYCLING 45' SC	<b>LES MILLS BODYBALANCE</b> 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						<b>ZUMBA</b> 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	<b>LES MILLS BODYPUMP</b> 45' S1	CYCLING 45' SC	<b>LES MILLS BODYPUMP</b> 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	<b>LES MILLS BODYPUMP</b> 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	<b>LES MILLS BODYBALANCE</b> 50' S1	CROSS TRAINING 45' BOX EXT	<b>LES MILLS BODYPUMP</b> 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	<b>LES MILLS BODYPUMP</b> 50' S1	<b>LES MILLS BODYBALANCE</b> 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	<b>LES MILLS BODYBALANCE</b> 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	<b>LES MILLS DANCE</b> 45' S1	AIGUAFIT 45' PISC	<b>LES MILLS BODYBALANCE</b> 50' S1	AIGUAFIT 45' PISC	<b>LES MILLS BODYPUMP</b> 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	<b>LES MILLS DANCE</b> 45' S1	CYCLING 45' SC	<b>ZUMBA</b> 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