

# ACTIVITATS DIRIGIDES



HORARI TEMPORADA 21/22  
VÀLID DEL 27 DE SETEMBRE FINS AL 31 DE DESEMBRE

			DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
8h	8.15	9.00	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL		
	9.00	11.00	OUTDOOR MARXA NÒRDICA						
9h	9.00	10.30			OUTDOOR MARXA NÒRDICA				
	9.15	10.00	SALA CYCLING CYCLING	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL
	9.15	10.00	PISCINA AIGUAGYM	PISCINA AIGUAGYM	PISCINA AIGUAGYM	PISCINA AIGUAGYM	PISCINA AIGUAGYM		
	9.15	10.00	SALA 1 EDAT D'OR	SALA 1 LESMILLS BODYPUMP	SALA 1 EDAT D'OR	SALA 1 LESMILLS BODYPUMP	SALA 1 HIIT		
	9.30	10.15						PISCINA AIGUAGYM	
	10h	10.15	11.00	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	
10.15		11.00	PISCINA AIGUAFITNESS	PISCINA AIGUA TERAPÈUTICA	PISCINA AIGUAFITNESS	PISCINA AIGUA TERAPÈUTICA	PISCINA AIGUAFITNESS		
10.15		11.00	SALA 1 LESMILLS BODYPUMP	SALA 1 ZUMBA	SALA 1 HIIT	SALA 1 ZUMBA	SALA 1 LESMILLS BODYBALANCE		
10.30		11.15							SALA CYCLING CYCLING VIRTUAL
11h	11.15	12.00	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	
	11.15	11.45		SALA 1 ABS 30'		SALA 1 ABS 30'			
	11:15	12:00			PILATES				
12h	12.15	13.00					SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	
13h	13.15	14.00	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL		
15h	15.15	16.00	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL		
	15.15	16.00	SALA 1 LESMILLS BODYPUMP	SALA 1 GAC	SALA 1 HIIT	SALA 1 LESMILLS BODYPUMP	PILATES		
17h	17.00	17.45		FIT KIDS	FIT JUNIOR	FIT KIDS	FIT JUNIOR		
18h	18.15	19.00	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING		
	18.15	19.00	SALA 1 LESMILLS BODYPUMP	SALA 1 LESMILLS BODYBALANCE	SALA 1 HIIT	SALA 1 GAC	SALA 1 LESMILLS BODYBALANCE		
	18.15	19.00		OUTDOOR FIT CROS			OUTDOOR FIT CROS		
19h	19.00	20.30		OUTDOOR MARXA NÒRDICA		OUTDOOR MARXA NÒRDICA			
	19.15	20.00	SALA 1 HIIT	SALA 1 ZUMBA	SALA 1 LESMILLS BODYPUMP	SALA 1 ZUMBA	SALA 1 LESMILLS BODYPUMP		
	19.15	20.00	SALA CYCLING CYCLING	SALA CYCLING CYCLING	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING	SALA CYCLING CYCLING VIRTUAL		
	19.15	20.00	PISCINA AIGUAGYM	PISCINA AIGUATONO	PISCINA AIGUAGYM	PISCINA AIGUATONO	PISCINA AIGUAGYM		
	19.15	20.00			OUTDOOR FIT CROS				
20h	20.15	21.00	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING	SALA CYCLING CYCLING VIRTUAL	SALA CYCLING CYCLING VIRTUAL		
	20.15	21.00	PILATES	SALA 1 LESMILLS BODYPUMP		SALA 1 HIIT			
	20.15	21.00	PISCINA AIGUARUNNING		PISCINA AIGUARUNNING				

La Direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el número i ordre de sessions, el contingut i horaris d'aquestes, així com els tècnics que les imparteixen.