# BDiR Lluria

Des del 20 de gener

## Sala 2 Activitats Dirigides

| INICI | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|---|---|---|---|---|---|
| 07.00 | | | | | |
| 15' | **Tonifica't** EN DIRECTE<br>07.15 a 08.05 h / Neus S | **Body Pump**<br>EN DIRECTE<br>07.15 a 08.05 h / Jordi B | **DTotal Body**<br>EN DIRECTE<br>07.15 a 08.05 h / Neus S | **Cul 10** EN DIRECTE<br>07.15 a 08.05 h / Jordi B | **Body Pump**<br>EN DIRECTE<br>07.15 a 08.05 h / Sandra |
| 30' | | | | | |
| 45' | | | | | |
| 08.00 | | | | | |
| 15' | **Pilates** EN DIRECTE<br>08.15 a 09.05 h / Neus S | **Tonifica't** EN DIRECTE<br>08.15 a 09.05 h / Jordi B | **Estiraments**<br>EN DIRECTO<br>08.15 a 09.05 h/ Neus S | **Body Pump**<br>EN DIRECTE<br>08.15 a 09.05 h / Jordi B | **Pilates** EN DIRECTE<br>08.15 a 09.05 h / Susana M |
| 30' | | | | | |
| 45' | | | | | |
| 09.00 | | | | | |
| 15' | **Body Pump**<br>09.15 a 10.05 h / Monica | **Vinyasa** EN DIRECTE<br>09:15 a 10:10 h / Marjo | **Hiit&Fury**<br>09:15 a 10:05 h/ Monica | **Hiit&Fury** EN DIRECTE<br>09.15 a 10.05 h / Laura M. | **Zumba** EN DIRECTE<br>09.15 a 10.05 h / Gerard |
| 30' | | | | | |
| 45' | | | | | |
| 10.00 | | | | | |
| 15' | **Pilates**<br>10.15 a 11.05 h / Monica | **Zumba** EN DIRECTE<br>10.15 a 11.05 h / Laura M | **Cuida´t Tonifica't**<br>10.15 a 11.05 h / Monica | **Cul 10** EN DIRECTE<br>10.15 a 11.05 h / Laura M | **Body Pump**<br>EN DIRECTE<br>10.15 a 11.05 h / Gerard |
| 30' | | | | | |
| 45' | | | | | |
| 11.00 | | | | | |
| 15' | **Cuida't Estirament**<br>11.15 a 12.05 h / En directe | **Cul 10** EN DIRECTE<br>11.15 a 12.05 h / Sergi | **Cuida't loga**<br>11.15 a 12.05 h / En directe | **Body Pump**<br>EN DIRECTE<br>11.15 a 10.05 h / Sergi | **Hiit&Fury** EN DIRECTE<br>11.15 a 12.05 h / Susana |
| 30' | | | | | |
| 45' | | | | | |
| 12.00 | | | | | |
| 15' | **Zumba** EN DIRECTE<br>12.15 a 13.05 h / Sandra S | **Body Pump**<br>EN DIRECTE<br>12.15 a 13.05 h / Sergi | **Cul 10**<br>EN DIRECTE 12.15 | **Tonifica't** EN DIRECTE<br>12.15 a 13.05 h / Sergi | **Barre**<br>EN DIRECTE 12.15 |
| 30' | | | **ESTIRAMENTS** 12.45 | | **MOBILITY** 12.45 |
| 45' | | | | | |
| 13.00 | | | | | |
| 15' | **Abdominals** 13.10 h | **Body Pump**<br>EN DIRECTE<br>13.15 a 14.05 h / Eric | **Hipopressius** 13.10 h | **Dir Pump**<br>13.15 a 14.05 h/ VIRTUAL | **Cul 10** EN DIRECTE<br>13.15 a 14.05 h / Sergi |
| 30' | **Hiit&Fury**<br>13:30 a 14:10 h / Lila | | **Tonifica't**<br>13.30 a 14.10 h / Miriam | | |
| 45' | | | | | |
| 14.00 | | | | | |
| 15' | **Body Pump**<br>14.15 a 15.05 h / Lila | **Pilates**<br>14.15 a 15.05 h / Lila | **Hiit&Fury**<br>14.15 a 15.05 h / Miriam | **Cul 10/Abs**<br>14.15 a 15.05 h / Lila | **Hatha**<br>EN DIRECTE<br>14:15 a 15:10 h / Paula |
| 30' | | | | | |
| 45' | | | | | |
| 15.00 | | | | | |
| 15' | **Zumba** EN DIRECTE<br>15.15 a 16.05 h / Jean | **the Circuit**<br>15.15 a 16.05 h/ VIRTUAL | **Pilates**<br>15.15 a 15.45 h / VIRTUAL | **Cul 10** EN DIRECTE<br>15.15 a 16.05 h / Sara | **Body Pump**<br>EN DIRECTE<br>15.15 a 16.05 h / Dani P |
| 30' | | | **Hipopresivos** 15.45 h | | |
| 45' | | | | | |
| 16.00 | | | | | |
| 15' | **Tonifica´t** EN DIRECTE<br>16.15 a 17.05 h / Jean | **Pilates**EN DIRECTE<br>16.15 a 17.05 h / Sandra S | **Cul 10** EN DIRECTE<br>16.15 a 17.05 h / Astrid V | **Body Pump**<br>EN DIRECTE<br>16.15 a 17.05 h / Dani P | **Barre Matt**<br>16:15 a 17:05/ VIRTUAL |
| 30' | | | | | |
| 45' | | | | | |
| 17.00 | | | | | |
| 15' | **Pilates** EN DIRECTE<br>17.15 a 18.05 h / Laura M | **Tonifica't** EN DIRECTE<br>17.15 a 18.05 h / Ana | **FORREST IOGA**<br>EN DIRECTE<br>17.15 a 18.05 h / Laura M | **Pilates**<br>17.15 a 18.05 h / Joan | **Zumba** EN DIRECTE<br>17.15 a 18.05 h / Jean |
| 30' | | | | | |
| 45' | | | | | |
| 18.00 | | | | | |
| 15' | **Zumba** EN DIRECTE<br>18.15 a 19.05 h / Jean | **Pilates**<br>18.15 a 19.05 h / Lila | **Cul 10/Abs**<br>18.15 a 19.05 h / Monica | **Hiit&Fury**<br>18:15 a 19:05 h / Joan | **Body Pump**<br>18.15 a 19.05 h / Monica |
| 30' | | | | | |
| 45' | | | | | |
| 19.00 | | | | | |
| 15' | **Tonifica't**<br>19.15 a 20.05 h / Monica | **Ioga Dir**<br>19.15 a 20.05 h / Marta | **Body Pump**<br>19.15 a 20.05 h / Monica | **Hatha Ioga**<br>19.15 a 20.05 h / Candela | **The Circuit**<br>19.15 a 20.05 h / Monica |
| 30' | | | | | |
| 45' | | | | | |
| 20.00 | | | | | |
| 15' | **Hiit&Fury**<br>20:15 a 21:05 h / Monica | **Cul 10/Abs**<br>20.15 a 21.05 h / Lila | **Pilates**<br>20.15 a 21.05 h / Monica | **Body Pump**<br>20.15 a 21.05 h / Joan | **Hiit Full Body**<br>20.15 a 20.45 h / VIRTUAL |
| 30' | | | | | |
| 45' | | | | | **Abdominals** 20.45 h |
| 21.00 | | | | | |
| 15' | **Pilates**<br>21.15 a 21.45 h / VIRTUAL | **the Circuit**<br>20.15 a 21.05 h/ VIRTUAL | **Tonifica´t**<br>21.15 a 21.45 h / VIRTUAL | **Ioga**<br>21.15 a 21.45 h / VIRTUAL | **Cul10**<br>21.15 a 21.45 h / VIRTUAL |
| 30' | | | | | |
| 45' | **Abdominals** 21.45 h | | **Estiraments** 21.45 h | **Abdominals** 21.45 h | **Estiraments** 21.45 h |
| 22.00 | | | | | |
| 15' | | | | | |
| 30' | | | | | |
| 45' | | | | | |

La direcció de Fitness podrà, quan ho consideri necessari, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen.
Una sessió pot quedar anul.lada en cas d'impossibilitat material de realitzar-se. Aquests horaris poden ser modificats periòdicament i durant els mesos estius i setmanes de Nadal.

- Sessions de ball
- Sessions de ball emissió EN DIRECTE
- Sessions amb coreografia
- Sessions amb coreografia emissió EN DIRECTE
- Sessions Cuida't
- Sessions Cuida't emissió EN DIRECTE
- Sessions musculars
- Sessions musculars emissió EN DIRECTE
- Sessions d'alta intensitat
- Sessions d'alta intensitat emissió EN DIRECTE
- Sessions de baixa intensitat
- Sessions de baixa intensitat emissió EN DIRECTE
- Sessions de Boxa
- Sessions Virtuals

# BDiR Lluria

Des del 20 de gener

## Sala Bootcamp

| INICI | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|---|---|---|---|---|---|
| 07.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 07.30 a 08.15 h | Full Body 07.30 a 08.15 h | Full Body 07.30 a 08.15 h | Full Body 07.30 a 08.15 h | Full Body 07.30 a 08.15 h |
| 45' | | | | | |
| 08.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 08.30 a 09.15 h | Full Body 08.30 a 09.15 h | Full Body 08.30 a 09.15 h | Full Body 08.30 a 09.15 h | Full Body 08.30 a 09.15 h |
| 45' | | | | | |
| 09.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 09.30 a 10.15 h | Full Body 09.30 a 10.15 h | Full Body 09.30 a 10.15 h | Full Body 09.30 a 10.15 h | Full Body 09.30 a 10.15 h |
| 45' | | | | | |
| 10.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 10.30 a 11.15 h | Full Body 10.30 a 11.15 h | Full Body 10.30 a 11.15 h | Full Body 10.30 a 11.15 h | Full Body 10.30 a 11.15 h |
| 45' | | | | | |
| 11.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 11.30 a 12.15 h | Full Body 11.30 a 12.15 h | Full Body 11.30 a 12.15 h | Full Body 11.30 a 12.15 h | Full Body 11.30 a 12.15 h |
| 45' | | | | | |
| 12.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 12.30 a 13.15 h | Full Body 12.30 a 13.15 h | Full Body 12.30 a 13.15 h | Full Body 12.30 a 13.15 h | Full Body 12.30 a 13.15 h |
| 45' | | | | | |
| 13.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 13.30 a 14.15 h | Full Body 13.30 a 14.15 h | Full Body 13.30 a 14.15 h | Full Body 13.30 a 14.15 h | Full Body 13.30 a 14.15 h |
| 45' | | | | | |
| 14.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 14.30 a 15.15 h | Full Body 14.30 a 15.15 h | Full Body 14.30 a 15.15 h | Full Body 14.30 a 15.15 h | Full Body 14.30 a 15.15 h |
| 45' | | | | | |
| 15.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 15.30 a 16.15 h | Full Body 15.30 a 16.15 h | Full Body 15.30 a 16.15 h | Full Body 15.30 a 16.15 h | Full Body 15.30 a 16.15 h |
| 45' | | | | | |
| 16.00 | | | | | |
| 15' | | | | | |
| 30' | Full Body 16.30 a 17.15 h | Full Body 16.30 a 17.15 h | Full Body 16.30 a 17.15 h | Full Body 16.30 a 17.15 h | Full Body 16.30 a 17.15 h |
| 45' | | | | | |
| 17.00 | | | | | |
| 15' | Full Body 17.20 a 18.05 h | Full Body 17.20 a 18.05 h | Full Body 17.20 a 18.05 h | Full Body 17.20 a 18.05 h | Full Body 17.20 a 18.05 h |
| 30' | | | | | |
| 45' | | | | | |
| 18.00 | | | | | |
| 15' | Full Body 18.15 a 19.00 h / Monica | Full Body 18.15 a 19.00 h | Full Body 18.15 a 19.00 h | Full Body 18.15 a 19.00 h | Full Body 18.15 a 19.00 h |
| 30' | | | | | |
| 45' | | | | | |
| 19.00 | | | | | |
| 15' | Full Body 19.15 a 20.00 h | Full Body 19.15 a 20.00 h / Lila | Full Body 19.15 a 20.00 h | Full Body 19.15 a 20.00 h / Joan | Full Body 19.15 a 20.00 h |
| 30' | | | | | |
| 45' | | | | | |
| 20.00 | | | | | |
| 15' | Full Body 20.15 a 21.00 h | Full Body 20.15 a 21.00 h | Full Body 20.15 a 21.00 h | Full Body 20.15 a 21.00 h | Full Body 20.15 a 21.00 h |
| 30' | | | | | |
| 45' | | | | | |
| 21.00 | | | | | |
| 15' | Full Body 21.15 a 22.00 h | Full Body 21.15 a 22.00 h | Full Body 21.15 a 22.00 h | Full Body 21.15 a 22.00 h | Full Body 21.15 a 22.00 h |
| 30' | | | | | |
| 45' | | | | | |
| 22.00 | | | | | |
| 15' | | | | | |
| 30' | | | | | |
| 45' | | | | | |

La direcció de Fitness podrà, quan ho consideri necessari, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen.
Una sessió pot quedar anul.lada en cas d'impossibilitat material de realitzar-se. Aquests horaris poden ser modificats periòdicament i durant els mesos estius i setmanes de Nadal.