

Activitats Dirigides

A partir de Setembre 2020

Inici	Fi	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:30	8:00	SPINN	SprintDIR (Virtual)	SprintDIR (Virtual)	SprintDIR (Virtual)	SprintDIR (Virtual)	SprintDIR (Virtual)
8:15	9:00	PISCINA	AquaDir (Mariel)		Aqua Total Body (Mariel)		Aqua Ritmes (Mariel)
9:15	10:00	SALA 1	Tonificat (Mariel)	Aprima't (Leo)	Mobility (Mariel)	Zumba (Leo)	Cul 10 (Mariel)
9:30	10:15	SPINN	SpinnDIR (Virtual)		SpinnDIR (Virtual)		SpinnDIR (Virtual)
9:30	9:45	FITNESS		Core ABS		Core ABS	
10:15	11:00	PISCINA	Aqua Ritmes (Mariel)		AquaDir (Mariel)		AquaDir (Mariel)
10:15	11:00	SALA 1		Zumba/Cul 10 (Leo)		Pilates (Leo)	
10:30	10:45	FITNESS	Core ABS		Core ABS		Core ABS
11:15	12:00	PISCINA		Aqua circuit (Leo)		Aqua Aprima't (Leo)	
11:15	12:15	SALA 2	Hatha loga (Marina)		Vinyasa loga (Marina)		
11:30	12:15	SPINN	SpinnDIR (Virtual)		SpinnDIR (Virtual)		SpinnDIR (Virtual)
11:30	11:45	FITNESS		Core HITT		Core HITT	
12:30	12:45	FITNESS	Core HITT		Core HITT		Core HITT
14:15	15:00	SPINN	SpinnDIR (Virtual)	SpinnDIR (Virtual)	SpinnDIR (Virtual)	SpinnDIR (Virtual)	SpinnDIR (Virtual)
17:30	17:45	FITNESS	Core ABS	Core HITT	Core ABS	Core HITT	Core ABS
17:45	18:30	SALA 2		Karate Infantil		Karate Infantil	
18:00	18:45	SPINN		SpinnDIR (Virtual)	SpinnDIR (Virtual)	SpinnDIR (Virtual)	
18:15	19:10	SALA 2	Hatha loga (Marina)				
18:15	19:00	SALA 1	Zumba/Cul 10 (Leo)	Body Pump (Mariel)	Tonificat (Leo)	Aprima't (Mariel)	Cul 10 (Xavier)
18:30	19:30	SALA 2		Karate Cadete		Karate Cadete	
18:45	19:40	SALA 1			Vinyasa loga (Marina)		
19:15	20:00	SALA 1	Aprima't (Leo)			Functional Step (Mariel)	
19:15	20:00	PISCINA		Aqua circuit (Mariel)			
19:15	20:00	SPINN			SpinnDIR (Leo)		
19:15	20:00	SALA 3	Boxa (Xavi)	Cross Dir (Xavier)	Boxa (Xavi)		Body Pump (Xavi)
19:30	20:00	SPINN	SprintDIR (Virtual)			SprintDIR (Virtual)	
19:30	20:30	SALA 2		Karate Juvenil		Karate Juvenil	
19:30	19:45	FITNESS	Core HITT	Core ABS	Core HITT	Core ABS	Core HITT
20:15	21:00	PISCINA		Aqua circuit (Mariel)		Aqua Aprima't (Mariel)	
20:15	21:00	SPINN	SpinnDIR (Leo)				
20:15	21:00	SALA 3		Jam Box (Xavi)	Cross Dir (Leo)	Jam Box (Xavi)	
20:30	21:00	SPINN	SprintDIR (Virtual)		SprintDIR (Virtual)		SpinnDIR (Virtual)
20:30	22:00	SALA 1		Karate Adulto		Karate Adulto	
21:30	21:45	FITNESS	Core ABS	Core HITT	Core ABS	Core HITT	Core ABS
21:30	22:00	SPINN	SprintDIR (Virtual)	SprintDIR (Virtual)	SprintDIR (Virtual)	SprintDIR (Virtual)	SprintDIR (Virtual)

Obert de dilluns a divendres de 7:00 a 22:30 / dissabtes de 10:00 a 20:00 / diumenge de 10:00 a 14:00

* La empresa es reserva el dret de canviar o cancel·lar el contingut les activitats sense previ avís