

DIRCLARET

DEL 23/ABRIL AL 30/JUNY DE 2019

SALA 1

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.10	BODY PUMP	BODY COMBAT	PILATES	TONIFICAT	TOTAL HIIT
08.15	09.10		PILATES			
09.15	10.10	CUL10 / PILATES INTENSE		D-MOVE!	CUL 10 / ABDOMINALS	MOBILITY
10.15	11.10	ZUMBA	BODY PUMP	MOBILITY	ZUMBA	CUL 10 / ABDOMINALS
11.15	12.10	CUIDA'T VITAL	CUIDA'T FUNCIONAL	CUIDA'T RITMES	CUIDA'T PILATES	ZUMBA
12.15	13.00		CUL 10 / ESTIRAMENTS		BODY PUMP	
13.15	14.10	IOGA DIR	D-MOVE! / ZUMBA	BODY PUMP	ZUMBA / D-MOVE!	
14.15	15.00	APRIMA'T	BODY PUMP 45'	CROSSDIR 45'	PILATES 45'	
15.15	16.10	ZUMBA / D-MOVE!		PILATES		IOGA DIR
16.15	17.10	PILATES				
17.15	18.10	ZUMBA	BODY PUMP	D-MOVE!	CUL 10 / ABDOMINALS	PILATES
18.15	19.10	TONIFICAT	BODY COMBAT	BODY PUMP	ZUMBA	APRIMA'T
19.15	20.10	STEP	ZUMBA	BODY COMBAT	BODY PUMP	D-MOVE!
20.15	21.10	D-MOVE!	IOGA DIR	ZUMBA	IOGA DIR	ZUMBA

INICI	FI	DISSABTE	FESTIUS
10.30	11.25	TONIFICAT	BODY PUMP
11.30	12.25	PILATES	MOBILITY
12.30	13.25	D-MOVE!	ZUMBA

SALA 2

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
08.15	09.10	D-MOVE! VIRTUAL	D-TONO! VIRTUAL	CUL10 VIRTUAL	BODY PUMP VIRTUAL	IOGA BÀSIC VIRTUAL
09.15	10.10	BODY PUMP VIRTUAL	HATHA IOGA	D-TONO! VIRTUAL	IOGA DIR	EQUILIBRA'T VIRTUAL
10.15	11.10	PILATES VIRTUAL	TAI-TXI	IOGA BÀSIC VIRTUAL	TAI-TXI	D-MOVE! VIRTUAL
11.15	12.10	D-TONO! VIRTUAL	PILATES VIRTUAL	D-MOVE! VIRTUAL	IOGA BÀSIC VIRTUAL	PILATES VIRTUAL
12.15	13.10	IOGA BÀSIC VIRTUAL	D-TONO! VIRTUAL	PILATES VIRTUAL	D-MOVE! VIRTUAL	D-TONO! VIRTUAL
13.15	14.10	MIND BODY VIRTUAL	D-TONO! VIRTUAL	EQUILIBRA'T VIRTUAL	BODY PUMP VIRTUAL	D-TONO! VIRTUAL
14.15	15.10		IOGA DIR		PILATES VIRTUAL	D-MOVE! VIRTUAL
17.30	17.55	CUL 10				
18.00	18.55	MOBILITY		ZUMBA	EQUILIBRA'T VIRTUAL	IOGA BÀSIC VIRTUAL
19.00	19.55	BODY COMBAT	CROSSDIR	CUL 10 / ABDOMINALS	BOXA OLIMPICA	D-TONO! VIRTUAL
20.00	20.45	PILATES		TONIFICAT	CROSSDIR	PILATES VIRTUAL

INICI	FI	DISSABTE	FESTIUS
09.15	10.10	CUL10 VIRTUAL	CUL10 VIRTUAL
10.15	11.10	IOGA BÀSIC VIRTUAL	IOGA BÀSIC VIRTUAL
11.15	12.10	BODY PUMP VIRTUAL	BODY PUMP VIRTUAL
12.15	13.10	D-MOVE! VIRTUAL	D-MOVE! VIRTUAL
13.15	14.10	EQUILIBRA'T VIRTUAL	EQUILIBRA'T VIRTUAL
14.15	15.10	D-MOVE! VIRTUAL	
15.15	16.10	CUL10 VIRTUAL	
16.15	17.10	IOGA BÀSIC VIRTUAL	
17.15	18.10	BODY PUMP VIRTUAL	
18.15	19.10	CUL10 VIRTUAL	

SALA 3

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.30	08.15	SPINDIR VIRTUAL	SPINDIR	SPINDIR	SPINDIR	SPINDIR VIRTUAL
08.30	09.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
09.30	10.15	SPINDIR	SPINDIR	SPINDIR	SPINDIR	SPRINT 30
10.30	11.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
11.30	12.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
12.30	13.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
13.30	14.15	SPINDIR	SPINDIR	SPRINT 30	FULL BODY CYCLE	SPINDIR
14.30	15.15	SPINDIR	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
15.30	16.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
16.30	17.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL XL	SPINDIR VIRTUAL
17.30	18.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL XL	SPINDIR VIRTUAL
18.30	19.15	SPINDIR	SPINDIR	SPINDIR	FULL BODY CYCLE	SPINDIR
19.30	20.15	SPINDIR	SPINDIR	SPINDIR	SPINDIR	SPINDIR
20.30	21.15	SPINDIR	SPINDIR	SPINDIR	SPINDIR	SPINDIR VIRTUAL
21.30	22.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL

INICI	FI	DISSABTE	FESTIUS
09.30	10.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL
10.30	11.15	SPINDIR	SPINDIR
11.30	12.15	SPINDIR	SPINDIR
12.30	13.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL
13.30	14.15	SPINDIR VIRTUAL	SPINDIR VIRTUAL
14.30	15.15	SPINDIR VIRTUAL	
15.30	16.15	SPINDIR VIRTUAL	
16.30	17.15	SPINDIR VIRTUAL	
17.30	18.15	SPINDIR VIRTUAL	
18.30	19.15	SPINDIR VIRTUAL	

SALA FITNESS

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	07.25	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS
07.30	07.40	MOBILITAT	CORE TRAINING	MOBILITAT	CORE TRAINING	MOBILITAT
08.15	08.25	CORE TRAINING	TREN INFERIOR	CORE TRAINING	TREN INFERIOR	CORE TRAINING
08.30	08.40	TREN SUPERIOR	ABDOMINALS	TREN SUPERIOR	ABDOMINALS	TREN SUPERIOR
09.15	09.25	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS
09.30	09.40	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS
10.15	10.25	ABDOMINALS	TREN INFERIOR	ABDOMINALS	TREN SUPERIOR	ABDOMINALS
10.30	10.40	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS
11.15	11.25	CORE TRAINING	MOBILITAT	ABDOMINALS	MOBILITAT	ABDOMINALS
11.30	11.40	ENT. FUN. EXPRESS	CORE TRAINING	ENT. FUN. EXPRESS	CORE TRAINING	ENT. FUN. EXPRESS
12.15	12.25		ENT. FUN. EXPRESS		ENT. FUN. EXPRESS	
12.30	12.40		ABDOMINALS		ABDOMINALS	
13.15	13.25	ABDOMINALS	ENT. FUN. EXPRESS	CORE TRAINING	ENT. FUN. EXPRESS	ABDOMINALS
13.30	13.40	ENT. FUN. EXPRESS	ABDOMINALS	TREN INFERIOR	ABDOMINALS	ENT. FUN. EXPRESS
14.15	14.25					
14.30	14.45					
16.15	16.25		ENT. FUN. EXPRESS		ENT. FUN. EXPRESS	
16.30	16.40		ABDOMINALS		ABDOMINALS	
17.15	17.25	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS
17.30	17.40	ENT. FUN. EXPRESS	CORE TRAINING	ENT. FUN. EXPRESS	CORE TRAINING	ENT. FUN. EXPRESS
18.15	18.25	CORE TRAINING	TREN INFERIOR	CORE TRAINING	TREN INFERIOR	CORE TRAINING
18.30	18.40	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS
19.15	19.25	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS
19.30	19.40	TREN INFERIOR	CORE TRAINING	TREN INFERIOR	CORE TRAINING	TREN INFERIOR
20.15	20.25	CORE TRAINING	TREN SUPERIOR	CORE TRAINING	TREN SUPERIOR	CORE TRAINING
20.30	20.40	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS
21.15	21.25	ABDOMINALS	TREN INFERIOR	ABDOMINALS	TREN INFERIOR	ABDOMINALS
21.30	21.40	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS	ABDOMINALS	ENT. FUN. EXPRESS

INICI	FI	DISSABTE	FESTIUS
10.15	10.30	ABDOMINALS	ABDOMINALS
10.30	10.40	MOBILITAT	ENT. FUN. EXPRESS
11.15	11.30	ABDOMINALS	ABDOMINALS
11.30	11.40	ENT. FUN. EXPRESS	TREN SUPERIOR
12.15	12.30	ABDOMINALS	ABDOMINALS
12.30	12.40	TREN SUPERIOR	TREN INFERIOR
13.15	13.30	ABDOMINALS	ABDOMINALS
13.30	13.40	TREN INFERIOR	MOBILITAT
17.15	17.30	ABDOMINALS	
17.30	17.40	TREN SUPERIOR	
18.15	18.30	ABDOMINALS	
18.30	18.40	ENT. FUN. EXPRESS	

- COREOGRAFIA DE NIVELL ALT
- COREOGRAFIA DE NIVELL MIG
- COREOGRAFIA DE NIVELL BÀSIC
- SENSE COREOGRAFIA D'INTENSITAT ALTA
- SENSE COREOGRAFIA D'INTENSITAT MITJANA
- SENSE COREOGRAFIA D'INTENSITAT BAIXA
- COS I MENT, SENSE COREOGRAFIA I INTENSITAT MITJANA
- COS I MENT, SENSE COREOGRAFIA I INTENSITAT BAIXA
- AQUÀTICS
- SÈNIORS
- EXTERIOR

PISCINA

INICI	FI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
09.15	10.05	AQ DANCE- AQ TOTAL BODY		AQUA HIT		AQUA DIR
10.15	11.05	AQUA APRIMA'T	AQUA HIT	AQUA DIR	AQ BALANCE- AQXTREM	AQUA TOTAL BODY
11.15	12.05		AQUA DIR		AQUA APRIMA'T	
18.15	19:05	AQUA APRIMA'T		AQUA DIR		
18.30	18.25		AQUA DIR		AQUA EXTREM	
19.15	20:05	AQ BALANCE- AQ EXTREM		AQUA TOTAL BODY		

PATROCINA



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 d'estiu i setmanes de Nadal.