



Sala Activitats Dirigides

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
07.00						
15'	CIRCUIT TRAINING 07.00 a 08.00 h Sergi	BOOTCAMP 07.00 a 08.00 h Sergi	CROSSDIR 07.00 a 08.00 h Sergi	CLASSE VIRTUAL 07.15 a 08.05h	CLASSE VIRTUAL 07.15 a 08.05h	CLASSE VIRTUAL 07.15 a 08.05h
30'						
45'						
08.00						
15'	CLASSE VIRTUAL 08.15 a 09.00h	PILATES 08.30 a 09.15h Alba	CLASSE VIRTUAL 08.15 a 09.00h	BODY BALANCE 08.30 a 09.15h Alba	HIPOPRESSIUS HIT 08.30 a 09.10h Laura	CLASSE VIRTUAL 08.15 a 09.00h
30'						
45'						
09.00						
15'	ABDOMINALS 9,15 h BODY BALANCE 09.30 A 10.15h Alba	ABDOMINALS 9,15 h TONIFICA'T 09.30 A 10.15h Alba	ABDOMINALS 9,15 h BODY PUMP 09.30 A 10.15h Alba	ABDOMINALS 9,15 h CIRCUIT TRAINING 09.30 A 10.15h Alba	ABDOMINALS 9,15 h TONIFICA'T 09.30 A 10.15h Gael	TONIFICA'T 09.30 A 10.15h Gael
30'						
45'						
10.00						
15'	BODY PUMP 10.30 a 11.15h Alba	IOGA 10.30 a 11.45h Anna	ZUMBA 10.30 a 11.15h Alba	GAC 10.30 a 11.15h Alba	PILATES 10.30 a 11.15h Alba	CIRCUIT TRAINING 09.45 a 10.30h Nil
30'						
45'						
11.00						
15'	CLASSE VIRTUAL 12.15 a 13.00h	CLASSE VIRTUAL 12.15 a 13.00h	CLASSE VIRTUAL 12.15 a 13.00h	CLASSE VIRTUAL 12.15 a 13.00h	CLASSE VIRTUAL 12.15 a 13.00h	CLASSE VIRTUAL 12.15 a 13.00h
30'						
45'						
12.00						
15'	CLASSE VIRTUAL 13.00 a 13.45h	CLASSE VIRTUAL 13.00 a 13.45h	CLASSE VIRTUAL 13.00 a 13.45h	CLASSE VIRTUAL 13.00 a 13.45h	CLASSE VIRTUAL 13.00 a 13.45h	CLASSE VIRTUAL 13.00 a 13.45h
30'						
45'						
13.00						
15'	CLASSE VIRTUAL 14.00 a 14.45h	PILATES 14.00 a 14.45 h Gael	CLASSE VIRTUAL 14.00 a 14.45h	CLASSE VIRTUAL 14.00 a 14.45h	CLASSE VIRTUAL 14.00 a 14.45h	CLASSE VIRTUAL 14.00 a 14.45h
30'						
45'						
14.00						
15'	CLASSE VIRTUAL 15.30 a 16.00h	CLASSE VIRTUAL 15.15 a 16.00h	CLASSE VIRTUAL 15.15 a 16.00h	CLASSE VIRTUAL 15.15 a 16.00h	CLASSE VIRTUAL 15.15 a 16.00h	CLASSE VIRTUAL 15.15 a 16.00h
30'						
45'						
15.00						
15'	CLASSE VIRTUAL 16.15 a 17.00h	BODY BALANCE 16.15 a 17.00 h Alba	TONIFICA'T 16.15 a 17.00h Alba	CIRCUIT TRAINING 16.15 a 17.00 h Pol	CLASSE VIRTUAL 16.15 a 17.00h	CLASSE VIRTUAL 16.15 a 17.00h
30'						
45'						
16.00						
15'	MOBILITY 17.15 a 18.00h Pol	GAC 17.15 a 18.00h Alba	IOGA DIR 17.00 a 18.00 h Pol	PILATES 17.15 a 18.00 h Alba	BODY PUMP 17.15 a 18.00 h Alba	BODY PUMP 17.15 a 18.00 h Alba
30'						
45'						
17.00						
15'	TONIFICA'T 18.15 a 19.00h Gael	PILATES 18.15 a 19.00 h Alba	BODY PUMP 18.15 a 19.00 h Alba	ZUMBA 18.15 a 19.00 h Alba	BODY COMBAT 18.15 a 19.00 h Alba	BODY COMBAT 18.15 a 19.00 h Alba
30'						
45'						
18.00						
15'	ABDOMINALS 19,15 h IOGA DIR 19.15 a 20.10h Pol	ABDOMINALS 19,15 h BODY COMBAT 19.15 a 20.00 h Alba	ABDOMINALS 19,15 h MOBILITY 19.15 a 20.00 h Pol	ABDOMINALS 19,15 h TONIFICA'T 19.15 a 20.00 h Alba	ABDOMINALS 19,15 h BODY BALANCE 19.15 a 20.00 h Alba	ABDOMINALS 19,15 h BODY BALANCE 19.15 a 20.00 h Alba
30'						
45'						
19.00						
15'	HYBRID TRAINING 20.15h a 21.15h Pol	BODY PUMP 20.15 a 21.00 h Martin	HYBRID TRAINING 20.15h a 21.15h Pol	CLASSE VIRTUAL 20.15 a 21.00h	CLASSE VIRTUAL 20.15 a 21.00h	CLASSE VIRTUAL 20.15 a 21.00h
30'						
45'						
20.00						
15'	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol
30'						
45'						
21.00						
15'	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol	CROSSDIR 19.15 a 20.15h Pol
30'						
45'						
22.00						

- 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



Sala SpinDiR

INICI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07.00							
15'							
30'							
45'	SPINDIR 07.30 a 08.15 h	SPINDIR 07.30 a 08.15 h	SPINDIR 07.30 a 08.15 h	SPINDIR 07.30 a 08.15 h	SPINDIR 07.30 a 08.15 h		
08.00	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
15'							
30'							
45'	SPINDIR 08.30 a 09.15 h	SPINDIR 08.30 a 09.15 h	SPINDIR 08.30 a 09.15 h	SPINDIR 08.30 a 09.15 h	SPINDIR 08.30 a 09.15 h		
09.00	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
15'							
30'	SPINDIR 09.30 a 10.15	SPINDIR 09.30 a 10.15	SPINDIR 09.30 a 10.15 h	SPINDIR 09.30 a 10.15	SPINDIR 09.30 a 10.15 h	SPINDIR 09.30 a 10.15 h	SPINDIR 09.30 a 10.15 h
45'	Gael	Gael	VIRTUAL	Gael	VIRTUAL	VIRTUAL	VIRTUAL
10.00							
15'							
30'	SPINDIR 10.30 a 11.15 h	SPINDIR 10.30 a 11.15 h	SPINDIR 10.30 a 11.15 h	SPINDIR 10.30 a 11.15 h	SPINDIR 10.30 a 11.15	SPINDIR 10.30 a 11.15	SPINDIR 10.30 a 11.15 h
45'	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	Gael	Gael	VIRTUAL
11.00							
15'							
30'	SPINDIR 11.30 a 12.15 h	SPINDIR 11.30 a 12.15 h	SPINDIR 11.30 a 12.15 h	SPINDIR 11.30 a 12.15 h	SPINDIR 11.30 a 12.15 h	SPINDIR 11.30 a 12.15 h	SPINDIR 11.30 a 12.15 h
45'	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
12.00							
15'							
30'	SPINDIR 12.30 a 13.15 h	SPINDIR 12.30 a 13.15 h	SPINDIR 12.30 a 13.15 h	SPINDIR 12.30 a 13.15 h	SPINDIR 12.30 a 13.15 h	SPINDIR 12.30 a 13.15 h	SPINDIR 12.30 a 13.15 h
45'	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
13.00							
15'							
30'	SPINDIR 13.30 a 14.15 h	SPINDIR 13.30 a 14.15 h	SPINDIR 13.30 a 14.15 h		SPINDIR 13.30 a 14.15 h	SPINDIR 13.30 a 14.15 h	SPINDIR 13.30 a 14.15 h
45'	VIRTUAL	VIRTUAL	VIRTUAL		VIRTUAL	VIRTUAL	VIRTUAL
14.00							
15'							
30'	SPINDIR 14.30 a 15.15 h	SPINDIR 14.30 a 15.15 h	SPINDIR 14.30 a 15.15 h	SPINDIR 14.30 a 15.15h	SPINDIR 14.30 a 15.15 h	SPINDIR 14.30 a 15.15 h	
45'	VIRTUAL	VIRTUAL	VIRTUAL	Gael	VIRTUAL	VIRTUAL	
15.00							
15'							
30'	SPINDIR 15.30 a 16.15 h	SPINDIR 15.30 a 16.15 h	SPINDIR 15.30 a 16.15 h	SPINDIR 15.30 a 16.15 h	SPINDIR 15.30 a 16.15 h	SPINDIR 15.30 a 16.15 h	
45'	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	
16.00							
15'							
30'	SPINDIR 16.30 a 17.15 h	SPINDIR 16.30 a 17.15 h	SPINDIR 16.30 a 17.15 h	SPINDIR 16.30 a 17.15 h	SPINDIR 16.30 a 17.15 h	SPINDIR 16.30 a 17.15 h	
45'	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	
17.00							
15'							
30'	SPINDIR 17.30 a 18.15 h	SPINDIR 17.30 a 18.15 h	SPINDIR 17.30 a 18.15 h	SPINDIR 17.30 a 18.15 h	SPINDIR 17.30 a 18.15 h	SPINDIR 17.30 a 18.15 h	
45'	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	
18.00							
15'							
30'	SPINDIR 18.30 a 19.15 h	SPINDIR 18.45 a 19.30 h	SPINDIR 18.15 a 19.00 h	SPINDIR 18.30 a 19.15 h	SPINDIR 18.30 a 19.15 h	SPINDIR 18.30 a 19.15 h	
45'	VIRTUAL	Marfín	Marfín	Marfín	VIRTUAL	VIRTUAL	
19.00							
15'							
30'	SPINDIR 19.15 a 20.00 h	SPINDIR 19.30 a 20.15 h	SPINDIR 19.15 a 20.00 h	SPINDIR 19.30 a 20.15 h	SPINDIR 19.30 a 20.15 h		
45'	Gael	VIRTUAL	Marfín	VIRTUAL	VIRTUAL		
20.00							
15'							
30'	SPINDIR 20.15 a 21.05 h	SPINDIR 20.15 a 21.05 h	SPINDIR 20.15 a 21.05 h	SPINDIR 20.15 a 21.05 h	SPINDIR 20.15 a 21.05 h		
45'	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
21.00							
15'							
30'	SPINDIR 21.15 a 22.15 h	SPINDIR 21.15 a 22.15 h	SPINDIR 21.15 a 22.15 h	SPINDIR 21.15 a 22.15 h	SPINDIR 21.15 a 22.15 h		
45'	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
22.00							

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.

