

HORARIS DE LES SESSIONS – DIR CLUB HISPÀ

A partir del 23 de Novembre



SALA 1 - ACTIVITATS DIRIGIDES

Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:00	7:50		Body Pump Juan Carlos F		Pilates Juan Carlos F	
8:15	9:05		IOGA Juan Carlos F		Cul10/abs Juan Carlos F	
9:15	10:05	Body Pump Juan Carlos F	D-Total Body Juan Carlos F		Mobility Juan Carlos F	Zumba Juan Carlos F
10:15	11:05	Zumba Juan Carlos F		Pilates Juan Carlos F		Tonifica't Juan Carlos F
11:15	12:05	Cul10/estiram Juan Carlos F	Cuida't Ritmes JC Ríos	Body Pump Juan Carlos F	Cuida't Vital JC Ríos	
12:15	13:05		Pilates JC Ríos		Zumba JC Ríos	
15:15	16:05	D-Total Body Lorena		Cul10/estiram Lorena		
16:15	17:05	Zumba Lorena	Pilates Lorena	Body Pump Lorena	Aprima't Lorena	
17:15	18:05	Sevillanes Lorena	Cul10 Power Lorena	Mobility Lorena	Zumba Lorena	D-Total Body Eli E
18:15	19:05	Pilates Esther	Body Pump Lorena	Zumba Esther	Cul10 Power Lorena	Body Combat Eli E
19:15	20:05	Body Pump Esther	Zumba Lorena	Step Esther	Pilates Lorena	Body Pump Eli E
20:15	21:05	Cul10 /abs Esther		Body Pump Esther		Zumba Eli E

Inici	Final	Dissabte	Diumenge
10:30	11:20	Body Pump	Tonifica't
11:30	12:20	Zumba	Body Pump
12:30	13:20	D-Total Body	Pilates

SALA 2 - ACTIVITATS DIRIGIDES

Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
8:15	9:05	Dmove Virtual	Ioga Dir Virtual	Total HiIT Virtual	Cul10 Virtual	Tonifica't Virtual
9:15	10:05	Cul10 Virtual	Pilates Virtual	Aprima't Virtual	Ioga Dir Virtual	Pilates Virtual
10:15	11:05	Tonifica't Virtual	Sevillanes Ainhoa	Dmove Virtual	Tonifica't Virtual	Total HiIT Virtual
11:30	12:20	Pilates Virtual	IOGA Antonia	Cul10 Virtual	Ioga Dir Virtual	Cul10 Virtual
12:30	13:20	Dmove Virtual	IOGA Antonia	Total HiIT Virtual	Cul10 Virtual	Pilates Virtual
15:30	16:20	Cul 10 Virtual	Mobility Virtual	Dmove Virtual	Tonifica't Virtual	Pilates Virtual
17:45	18:35	Aprima't Eli E		Cul10 Power Eli E	Cul10 Virtual	Dmove Virtual
18:30	19:20		IOGA Antonia			
18:45	19:35	Zumba Eli E		Body Combat Eli E	Aprima't Virtual	Ioga Dir Virtual
19:30	20:20		IOGA Antonia			
19:45	20:35	IOGA Bernat		Tonifica't Eli E	Pilates Virtual	Aprima't Virtual

Inici	Final	Dissabte	Diumenge
10:30	11:20	Dmove Virtual	IOGA Juliana H
11:30	12:20	Cul10 Virtual	IOGA Juliana H
12:30	13:20	Pilates Virtual	Dmove Virtual
13:30	14:20	Tonifica't Virtual	Cul10 Virtual

SpinDiR

Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:15	8:00	SpinDiR Angelo M		SpinDiR Angelo M		SpinDiR Angelo M
7:30	8:15		STREAMING		STREAMING	
08.30	09.15	SpinDiR Virtual	STREAMING	SpinDiR Virtual	STREAMING	SpinDiR Virtual
9:30	10:15	SpinDiR Angelo M	SpinDiR Angelo M	STREAMING	SpinDiR Angelo M	SpinDiR Angelo M
10:30	11:15	STREAMING	SpinDiR Virtual	SpinDiR Angelo M	SpinDiR Virtual	STREAMING
11:30	12:15	SpinDiR Virtual	SpinDiR Virtual	SpinDiR Virtual	SpinDiR Virtual	SpinDiR Virtual
13:30	14:15	SpinDiR Carlos S	STREAMING	STREAMING	STREAMING	SpinDiR Virtual
14:30	15:15	STREAMING	SpinDiR Virtual	STREAMING	SpinDiR Virtual	STREAMING
15:30	16:15	SpinDiR Virtual	SpinDiR Virtual	SpinDiR Virtual	SpinDiR Virtual	SpinDiR Virtual
16:30	17:15		SpinDiR Virtual		SpinDiR Virtual	SpinDiR Virtual
17:00	17:45	STREAMING		STREAMING		
17:30	18:15		SpinDiR Virtual		SpinDiR Virtual	SpinDiR Virtual
18:00	18:45	SpinDiR Angelo M		SpinDiR Angelo M		
18:30	19:15		SpinDiR Jose M		SpinDiR Jose M	SpinDiR Angelo M
19:00	19:45	SpinDiR Angelo M		SpinDiR Angelo M		
19:30	20:15		SpinDiR Jose M		SpinDiR Jose M	SpinDiR Angelo M
20:00	20:30	STREAMING		SpinDiR Angelo M		

Inici	Final	Dissabte	Diumenge
9:30	10:15	SpinDiR Virtual	SpinDiR Virtual
10:30	11:15	SpinDiR	SpinDiR
11:30	12:15	SpinDiR	SpinDiR
12:30	13:15	STREAMING	SpinDiR Virtual
13:30	14:15	SpinDiR Virtual	SpinDiR Virtual
14:30	15:15	SpinDiR Virtual	SpinDiR Virtual
15:30	16:15	SpinDiR Virtual	SpinDiR Virtual
16:30	17:15	SpinDiR Virtual	SpinDiR Virtual
17:30	18:15	SpinDiR Virtual	SpinDiR Virtual

BOOTCAMP

Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:15	8:00	Bootcamp Virtual	FULL BODY Joan A	Bootcamp Virtual	FULL BODY Joan A	Bootcamp Virtual
9:30	10:15	Bootcamp Virtual	Bootcamp Virtual	FULL BODY Laura M	Bootcamp Virtual	Bootcamp Virtual
10:30	11:15	FULL BODY Laura M	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual
14:30	15:15	Bootcamp Virtual	Bootcamp Virtual	Bootcamp Virtual	METABOLIC Lorena R	Bootcamp Virtual
17:45	18:30	Bootcamp Virtual	METABOLIC Sergio M	Bootcamp Virtual	UPPER BODY Sergio M	Bootcamp Virtual
18:45	19:30	FULL BODY Lorena R	LOWER BODY Sergio M	FULL BODY Lorena R	Bootcamp Virtual	Bootcamp Virtual
19:45	20:30	FULL BODY Lorena R	Bootcamp Virtual	FULL BODY Lorena R	Bootcamp Virtual	Bootcamp Virtual

BOXA

Inici	Final	Dia	Tècnic
19:30	20:20	Dilluns	BOXA Karla
10:00	10:50	Dimarts	BOXA Luis
19:00	19:50	Dimecres	BOXA Karla

PISCINA

Inici	Final	Dilluns	Dimarts	Dimecres	Dijous	Divendres
9:15	10:05	Aqua DiR Pedro G		Aqua Aprima't Pedro G	Aqua DiR Miquel	
10:15	11:05	Aqua Aprima't Pedro G	Aqua Total Body Albert B	Aqua DiR Pedro G		
18:00	18:50	Aqua DiR Albert B	Aqua Total Body Javi J	Aqua Aprima't Albert B		
19:00	19:50	Aqua Total Body Albert B		Aqua DiR Albert B	Aqua DiR Javi J	

Inici	Final	Dissabte	Diumenge
9:30	10:15	Bootcamp Virtual	Bootcamp Virtual
10:30	11:15	Bootcamp Virtual	Bootcamp Virtual
11:30	12:15	Bootcamp Virtual	Bootcamp Virtual
12:30	13:15	Bootcamp Virtual	Bootcamp Virtual
13:30	14:15	Bootcamp Virtual	Bootcamp Virtual
14:30	15:15	Bootcamp Virtual	Bootcamp Virtual
17:30	18:15	Bootcamp Virtual	Bootcamp Virtual

RUN WITH US

Inici	Final	Dijous
19:15	20:05	RwU Javi H