

HORARI D'ACTIVITATS DIRIGIDES

		DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES		DISSABTE		DIUMENGE	
7:05	7:50	S1	BODYPUMP	SD	SPINDIR	SD	SPINDIR VIRTUAL	S1	TOTAL HIIT						
8:00	8:45	S1	CUL 10 POWER			S1	BODYBALANCE					10:30	10:15	SD	SPINDIR VIRTUAL
9:30	10:15	S1	TOTAL BODY	S1	BODYBALANCE	S1	BODYPUMP	SD	SPINDIR	SD	TOTAL HIIT	18:00	18:45	SD	SPINDIR VIRTUAL
11:30	12:15	SD	SPINDIR VIRTUAL	SD	SPINDIR VIRTUAL	SD	SPINDIR VIRTUAL	SD	SPINDIR VIRTUAL	SD	SPINDIR VIRTUAL				
13:15	14:00	SD		S1	CUL 10 POWER	S1		S1	BODYPUMP						
13:30	14:15	SD	SPINDIR	S1		S2	TOTAL HIIT	S1							
14:05	14:50	S1	BODYPUMP	SD	SPINDIR	S1	BODYCOMBAT	SD	SPINDIR	S1	TOTAL HIIT	10:30	11:30	SD	SPINDIR VIRTUAL
14:05	14:50			S1	TOTAL HIIT			S1	TOTAL BODY						
14:30	14:50	SF	ABS EXPRESS	SF	ABS EXPRESS	SF	ABS EXPRESS	SF	ABS EXPRESS	SF	ABS EXPRESS				
15:15	16:00	SD	SPINDIR VIRTUAL	S1	TOTAL BODY	SD	SPINDIR VIRTUAL	S1	TOTAL HIIT	SD	SPINDIR VIRTUAL				
17:00	17:45	S1	BODYPUMP	SD	SPINDIR VIRTUAL	S1	CUL 10 POWER	SD	SPINDIR VIRTUAL	S1	ZUMBA				
18:00	18:45	S1	TOTAL HIIT	S1	CUL 10 POWER	SD	SPINDIR	S1	BODYPUMP	S1	TOTAL BODY				
18:00	18:45					S1	TOTAL BODY								
18:30	18:50	SF	ABS EXPRESS	SF	ABS EXPRESS	SF	ABS EXPRESS	SF	ABS EXPRESS	SF	ABS EXPRESS				
19:00	19:45	SD	SPINDIR	S1	BODYPUMP			SD	SPINDIR	SD	SPINDIR VIRTUAL				
19:00	19:45	S1	ZUMBA			S1	ZUMBA								
19:15	20:00			PIS	AQUADIR			PIS	AQUADIR						
19:30	20:30			S2	YOGA			S2	YOGA						
20:00	20:45	S2	PILATES			S2	PILATES								
20:00	20:45	S1		SD	SPINDIR	S1		SD	SPINDIR VIRTUAL						

- TONIFICACIÓ
- CARDIOVASCULAR
- COS I MENT
- COREOGRAFIA
- ALTA INTENSITAT
- AQUATICA

*ELS HORARIS DE LES ACTIVITATS PODEN MODIFICAR-SE SEGONS CONVINGUI EL CLUB.

- S 1 SALA 1
- S 2 SALA 2
- SD SPINDIR
- SF SALA DE FITNESS
- PIS PISCINA