



# Horaris d'activitats dirigides

a partir del 30 de juliol de 2024

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:15	8:10	Sala 1	BODY BURN		LES MILLS BODYPUMP		PILATES		
7:15	8:00	Sala 2	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING		
7:15	8:10	Box		CROSSTRAINING					
8:15	9:00	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM			
8:30	9:10	Sala 1		PILATES					
8:30	9:25	Sala 1	PILATES		ZUMBA fitness	PILATES	LES MILLS BODYPUMP		
8:30	9:15	Sala 2	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
8:30	9:25	Box	BODY BURN						
9:15	10:00	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM		AIGUAGIM		
9:30	10:15	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
9:30	10:25	Sala 1	LES MILLS BODYPUMP	è-FIGHT			BODY BURN		
9:30	10:25	Box			è-QUILIBRIUM				
9:30	10:15	Sala 1				POSTURAL			
10:30	11:25	Sala 1				LES MILLS BODYPUMP			
10:30	11:15	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
13:30	14:25	Sala 1	LES MILLS BODYPUMP						
13:30	14:15	Sala 2			VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
14:00	14:45	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING		VIRTUAL CYCLING			
13:30	14:25	Box				CROSSTRAINING			
14:30	15:25	Sala 1			PILATES				
15:30	16:25	Sala 1			LES MILLS BODYPUMP				
15:15	16:00	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15:15	16:00	Piscina		AIGUAGIM		AIGUAGIM	AIGUAGIM		
16:15	17:00	Piscina	AIGUAGIM						
17:30	18:00	Box				OMGlute			
17:30	18:15	Sala 2	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING		
18:00	18:45	Sala 1			FITDANCE	FITDANCE			
18:00	18:55	Sala 1	LES MILLS BODYPUMP	è-QUILIBRIUM			è-ENERGY		
18:00	18:55	Box			PILATES				
18:00	18:30	Box		HIIT		HIIT			
18:30	19:15	Sala 2	CYCLING	VIRTUAL CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING		
18:30	19:25	Box		CROSSTRAINING					
19:00	19:55	Sala 1		LES MILLS BODYPUMP	è-FIGHT	è-FIGHT	LES MILLS BODYPUMP		
19:00	19:55	Box	PILATES						
19:00	19:45	Piscina		AIGUAGIM		AIGUAGIM			
19:15	20:00	Sala 1	FITDANCE						
19:30	19:45	Sala 2		SIXPACK		SIXPACK			
19:30	20:15	Sala 2	CYCLING		CYCLING		VIRTUAL CYCLING		
19:30	20:25	Box			CROSSTRAINING	CROSSTRAINING	CROSSTRAINING		
19:45	20:30	Piscina			AIGUAGIM		AIGUAGIM		
20:00	20:55	Sala 1		ZUMBA fitness	PILATES				
20:00	20:15	Sala 1	SIXPACK						
20:30	21:15	Sala 2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
20:30	21:00	Box		HIIT					
20:30	21:25	Sala 1	LES MILLS BODYPUMP			LES MILLS BODYPUMP			
20:30	21:25	Box	CROSSTRAINING						

## SEMPRE AL TEU RITME

La Direcció podrà, quan ho consideri necessari o per causes alienes al centre, modificar el nombre de sessions, el contingut i horari d'aquestes i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat de substitució.