

Horari d'Activitats Dirigides

Del 2 d'octubre de 2017 al 5 de gener de 2018

| INICI | SALA | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE |
|-------|----------|---|---|---|---|---|---|
| 08:15 | SALA 1 | SPINBIKE [45'] | | SPINBIKE [45'] | | | |
| 08:45 | PISCINA | AQUATONO [45'] | | AQUATONO [45'] | | AQUATONO [45'] | |
| 09:00 | PISCINA | | | | | | AQUATONO [45'] |
| 09:15 | EXTERIOR | | | RUNNING [75'] | | | |
| 09:30 | SALA 1 | GYM SUAU [60'] | SPINBIKE [60'] | GYM SUAU [60'] | | SPINBIKE [60'] | |
| 09:30 | SALA 2 | CARDIO POWER [60'] | TONIFICACIÓ [60'] | AERODANCE [60'] |  BODY PUMP [60'] |  ZUMBA [60'] | |
| 09:30 | SALA 3 |  BODY PUMP [60'] | | | CARDIO STEP [60'] | IOGA [60'] | |
| 09:30 | PISCINA | AQUAGIM [60'] | AQUAGIM [60'] | AQUAGIM [60'] | AQUAGIM [60'] | | |
| 10:30 | SALA 1 | | | | | | SPINBIKE [60'] |
| 10:30 | SALA 2 | AERO DANCE [60'] | PILATES-IOGA [60'] | CARDIO POWER [60'] | PILATES-IOGA [60'] | HIIT WORKOUT [60'] |  ZUMBA [60'] |
| 10:30 | SALA 3 | STRETCHING [60'] |  ZUMBA [60'] | STRETCHING [60'] |  ZUMBA [60'] | STRETCHING [60'] | |
| 11:30 | SALA 2 | IOGA [60'] | PILATES-IOGA [60'] | IOGA [60'] | PILATES-IOGA [60'] | |  BODY PUMP [60'] |
| 15:15 | SALA 2 | TONIFICACIÓ [60'] | | TONIFICACIÓ [60'] | TONIFICACIÓ [60'] | | |
| 15:15 | SALA 3 | | | | | IOGA [60'] | |
| 17:30 | SALA 1 | | | ABD. HIPOPRESSIUS [60'] | | | |
| 17:30 | SALA 2 | TONOENERGY [60'] | PILATES [60'] | TONOENERGY [60'] | PILATES [60'] | | |
| 18:00 | SALA 1 | | | | | TRIATLÓ FED. SPINBIKE [60'] | |
| 18:00 | SALA 2 | | | | | PILATES-IOGA-FITNESS [60'] | |
| 18:30 | SALA 1 | | | | ABD. HIPOPRESSIUS [60'] | | |
| 18:30 | SALA 2 | | TOTAL BARRE [60'] | CARDIO STEP [60'] | PILATES FITBALL [60'] | | |
| 18:30 | SALA 3 | |  ZUMBA [60'] | ABDOMINALS EXPRESS [30'] | STRETCHING [60'] | | |
| 19:00 | SALA 2 | | | | | FIT COMPLEX [60'] | |
| 19:00 | SALA 3 |  BODY PUMP [60'] | | | | | |
| 19:00 | FITNESS | | EXPRESS METABOLIC [30'] | | EXPRESS METABOLIC [30'] | | |
| 19:00 | PISCINA | | AQUATONO [45'] | | AQUATONO [45'] | | |
| 19:00 | EXTERIOR | | RUNNING [60'] | | | | |
| 19:30 | SALA 1 | | SPINBIKE [60'] | SPINBIKE [60'] | SPINBIKE [60'] | | |
| 19:30 | SALA 2 | | AERODANCE [60'] |  ZUMBA [60'] | CARDIO POWER [60'] | | |
| 19:30 | SALA 3 | | | | H.I.I.T. WORKOUT [60'] | IOGA [60'] | |
| 19:30 | PISCINA | TRIATLÓ FED. NATACIÓ [90'] | | | | | |
| 20:00 | SALA 1 | SPINBIKE [60'] | | | | | |
| 20:00 | SALA 3 | IOGA [60'] | FIT COMPLEX [60'] | | | | |
| 20:30 | SALA 2 | | CARDIO POWER [60'] |  BODY PUMP [60'] | AERODANCE [60'] | | |

L'organització es reserva el dret de canviar o modificar aquest horari en funció de l'assistència o per raons tècniques.
En cas d'absència d'un monitor amb un avís inferior a 12h de l'inici de la classe, l'empresa no es compromet a la realització de la mateixa.

Activitats fora de quota socis, s'han de pagar a part