

Horari d'Activitats Dirigides

Del 2 de gener al 31 de març 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 2					PILATES-IOGA-FITNESS [60']	
18:30	SALA 1				ABD. HIPOPRESSIUS [60']		
18:30	SALA 2	TONIFICACIÓ [60']	TOTAL BARRE [60']	CARDIO STEP [60']	PILATES FITBALL [60']		
18:30	SALA 3		 ZUMBA [60']	ABDOMINALS EXPRESS [30']			
19:00	SALA 2					FIT COMPLEX [60']	
19:00	SALA 3			STRETCHING [60']			
19:00	FITNESS		EXPRESS METABOLIC [30']		EXPRESS METABOLIC [30']		
19:00	PISCINA		AQUATONO [45']		AQUATONO [45']		
19:00	PISTA				TRIATLÓ FEDERAT* [90']		
19:15	PISCINA			AQUATONO [45']			
19:30	SALA 1		SPINBIKE [60']	SPINBIKE [60']	SPINBIKE [60']		
19:30	SALA 2	 BODY PUMP [60']	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 3	IOGA [60']	FIT COMPLEX [60']				
20:30	SALA 1	SPINBIKE [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.

* L'activitat de Triatló federat de dijous a les 19.00 té lloc a la Pista de la Guinardera.