



Horaris d'activitats dirigides

del 12 d'agost al 8 de setembre de 2024

| Inici | Fi | Espai | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
|--------|--------|-----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------------|-----------------|
| 7:10h | 7:55h | Sala 2 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | | |
| 8:30h | 9:25h | Sala 1 | BODY BURN | | BODY BURN | | LES MILLS BODYPUMP | | |
| 8:30h | 9:15h | Sala 2 | | CYCLING | | CYCLING | | | |
| 9:30h | 10:25h | Sala 1 | LES MILLS BODYPUMP | HIIT | è-QUILIBRIUM | LES MILLS BODYCOMBAT | | | |
| 9:30h | 10:15h | Sala 1 | | | | | FITDANCE | | |
| 10:30h | 11:15h | Sala 1 | | | è-CORE | | | | |
| 10:30h | 11:15h | Sala 2 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 10:30h | 11:25h | Sala 1 | | PILATES | | LES MILLS BODYPUMP | | | |
| 15:00h | 15:45h | P.Petita/ Exterior | AIGUAGIM | | | | AIGUAGIM | | |
| 15:15h | 16:00h | Sala 2 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 15:15h | 16:10h | Sala 1 | LES MILLS BODYPUMP | LES MILLS BODYATTACK | LES MILLS BODYCOMBAT | | | | |
| 17:30h | 18:15h | Sala 2 | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 17:30h | 18:25h | Sala 1 | | | | | LES MILLS BODYPUMP | | |
| 18:00h | 18:55h | Sala 1 | | LES MILLS BODYPUMP | | è-QUILIBRIUM | | | |
| 18:30h | 19:25h | Sala 1 | LES MILLS BODYATTACK | | LES MILLS BODYPUMP | | LES MILLS BODYCOMBAT | | |
| 18:30h | 19:15h | Sala 2 | CYCLING | VIRTUAL CYCLING | CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING | VIRTUAL CYCLING |
| 19:00h | 19:45h | Sala 1 | | ZUMBA fitness | | è-CORE | | | |
| 19:30h | 20:25h | Sala 1 | LES MILLS BODYPUMP | | LES MILLS BODYCOMBAT | | | | |
| 19:30h | 20:15h | Sala 2 | VIRTUAL CYCLING | CYCLING | VIRTUAL CYCLING | CYCLING | VIRTUAL CYCLING | | |

* Del 12 al 18 d'agost fem manteniment de la piscina coberta i les sessions d'AIGUAGIM es realitzaran a la piscina exterior.

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.