

HORARI D'ACTIVITATS DIRIGIDES

	DILLUNS	DIMARTS	DIMECRES	DJOUIS	DIVENDRES				
7:00		7:40 – 8:30 Aquagym Piscina		7:40 – 8:30 Aquagym Piscina					
9:00	9:30 - 10:15 TonoStep Sala 1	9:30 – 10:20 Aquagym Piscina	9:30 – 10:15 Cycling Sala cycle	9:30 – 10:20 Aquagym Piscina	9:30 - 10:15 Cardio Tono Sala 1	9:30 – 10:20 Aquagym Piscina	9:30 – 10:15 Cycling Sala cycle	9:30 – 10:20 Aquagym Piscina	9:30 – 10:15 Cycling Sala cycle
10:00	10:15 – 11:00 LES MILLS BODYPUMP Sala 1	10:45 - 11:35 Pilates Sala 2	10:30 – 10:55 Vida sana Sala 1		10:15 – 11:00 LES MILLS BODYPUMP Sala 1	10:45 - 11:35 Pilates Sala 2	10:30 – 10:55 Vida sana Sala 1		
11:00									
14:00									
17:00	17:00 – 17:45 GAC Street Dance Sala 1	17:00 – 17:45 Street Dance Sala 2	17:00 – 17:45 Fit Junior Sala de fitness	17:00 – 17:45 Fit Kids Sala 2	17:00 – 17:45 GAC Street Dance Sala 1	17:00 – 17:45 Street Dance Sala 2	17:00 – 17:45 Fit Junior Sala de fitness	17:00 – 17:45 Fit Kids Sala 2	
	17:50 – 18:35 ZUMBA Sala 1	17:50 – 18:15 HIIT 25 Sala de fitness	17:50 – 18:35 ZUMBA Family! Sala 2		17:50 – 18:35 ZUMBA Sala 1	17:50 – 18:15 HIIT 25 Sala de fitness	17:50 – 18:35 ZUMBA Family! Sala 2		
18:00	18:05 - 18:55 Pilates Sala 2		18:15 - 19:00 LES MILLS BODYPUMP Sala 1		18:05 - 18:55 Pilates Sala 2		18:15 - 19:00 LES MILLS BODYPUMP Sala 1		
	18:50 – 19:35 Cardio Tono Sala 1	18:20 – 18:45 HIIT 25 Sala de fitness			18:50 – 19:35 Cardio Tono Sala 1	18:20 – 18:45 HIIT 25 Sala de fitness			18:30 – 19:15 HIIT 45 Sala 1
19:00	19:00 - 19:50 Pilates Sala 2	19:00 – 19:45 Cycling Sala cycle	19:00 - 19:50 loga Sala 2	19:25 – 20:10 Cycling Sala cycle	19:00 - 19:50 Pilates Sala 2	19:00 – 19:45 Cycling Sala cycle	19:00 - 19:50 loga Sala 2	19:25 – 20:10 Cycling Sala cycle	
	19:50 - 20:35 LES MILLS BODYPUMP Sala 1			19:00 – 19:50 Aquagym Piscina	19:50 - 20:35 LES MILLS BODYPUMP Sala 1			19:00 – 19:50 Aquagym Piscina	
	19:55 - 20:45 Pilates Sala 2				19:55 - 20:45 Pilates Sala 2				
20:00	20:40–21:05 ABD+Stretching Sala 1		20:15 - 21:00 LES MILLS BODYPUMP Sala 1		20:40–21:05 ABD+Stretching Sala 1		20:15 - 21:00 LES MILLS BODYPUMP Sala 1		
	20:50 - 21:40 Pilates Sala 2				20:50 - 21:40 Pilates Sala 2				
21:00			21:05 – 21:30 ABD+Stretching Sala 1				21:05 – 21:30 ABD+Stretching Sala 1		

La direcció podrà, quan ho consideri oportú per necessitats del servei, modificar el número i ordre de sessions, el contingut i horaris d'aquestes, així com els tècnics que les imparteixen.