



# Horari d'activitats dirigides

a partir del 4 de Setembre

## Matí

| Inici  | Fi     | Temps | Espai   | Dilluns         | Dimarts         | Dimecres        | Dijous   | Divendres       |
|--------|--------|-------|---------|-----------------|-----------------|-----------------|----------|-----------------|
| 8.15h  | 9.00h  | 45'   | Sala 1  | CyclingVIRTUAL  |                 | CyclingVIRTUAL  |          | CyclingVIRTUAL  |
| 8.15h  | 9.00h  | 45'   | Sala 2  |                 | <b>BODYPUMP</b> |                 | CORE     |                 |
| 9.15h  | 10.00h | 45'   | Sala 1  |                 |                 |                 | Cycling  |                 |
| 9.15h  | 10.00h | 45'   | Sala 2  | <b>BODYPUMP</b> | <b>SH'BAM</b>   | <b>BODYPUMP</b> | Pilates  | <b>BODYPUMP</b> |
| 9.30h  | 10.15h | 45'   | Piscina | AiguaGim        | AiguaGim        | AiguaGim        | AiguaGim | AiguaGim        |
| 10.15h | 11.00h | 45'   | Sala 2  | CORE            | Pilates         | <b>COMBAT</b>   | CTC      | GAC             |
| 10.15h | 11.00h | 45'   | Sala 1  | Cycling         |                 |                 |          |                 |
| 11.15h | 12.00h | 45'   | Sala 2  |                 |                 | Gim Suau        |          | Balance         |

## Migdia

| Inici  | Fi     | Temps | Espai  | Dilluns         | Dimarts        | Dimecres       | Dijous         | Divendres      |
|--------|--------|-------|--------|-----------------|----------------|----------------|----------------|----------------|
| 13.45h | 14.30h | 45'   | Sala 1 |                 | CyclingVIRTUAL |                | CyclingVIRTUAL |                |
| 14.15h | 15.00h | 45'   | Sala 1 |                 |                | CyclingVIRTUAL |                |                |
| 14.30h | 15.15h | 45'   | Sala 1 | CyclingVIRTUAL  |                |                |                | CyclingVIRTUAL |
| 15.15h | 16.00h | 45'   | Sala 1 |                 | CyclingVIRTUAL | Cycling        | CyclingVIRTUAL |                |
| 15.15h | 16.00h | 45'   | Sala 2 | <b>BODYPUMP</b> | <b>COMBAT</b>  |                | <b>SH'BAM</b>  | GAC            |

## Tarda

| Inici  | Fi     | Temps | Espai   | Dilluns         | Dimarts         | Dimecres        | Dijous         | Divendres       |
|--------|--------|-------|---------|-----------------|-----------------|-----------------|----------------|-----------------|
| 17.30h | 18.15h | 45'   | Sala 2  | CORE            | <b>BODYPUMP</b> | GAC             | CTC            |                 |
| 18.00h | 18.45h | 45'   | Sala 2  |                 |                 |                 |                | <b>BODYPUMP</b> |
| 18.30h | 19.15h | 45'   | Sala 1  | CyclingVIRTUAL  | Cycling         | CyclingVIRTUAL  | Cycling        | CyclingVIRTUAL  |
| 18.30h | 19.15h | 45'   | Sala 2  | GAC             | Pilates         | <b>BODYPUMP</b> | <b>SH'BAM</b>  |                 |
| 19.00h | 19.45h | 45'   | Sala 2  |                 |                 |                 |                | Pilates         |
| 19.30h | 20.15h | 45'   | Sala 1  | Cycling         | CyclingVIRTUAL  | Cycling         | CyclingVIRTUAL | CyclingVIRTUAL  |
| 19.30h | 20.15h | 45'   | Sala 2  | <b>BODYPUMP</b> | <b>COMBAT</b>   | CORE            | HIIT           |                 |
| 19.30h | 20.15h | 45'   | Piscina | AiguaGim        | AiguaGim        | AiguaGim        | AiguaGim       |                 |
| 20.30h | 21.15h | 45'   | Sala 1  | CyclingVIRTUAL  | CyclingVIRTUAL  | CyclingVIRTUAL  | CyclingVIRTUAL |                 |
| 20.30h | 21.15h | 45'   | Sala 2  | Pilates         | <b>BODYPUMP</b> | <b>SH'BAM</b>   | Balance        |                 |

## Cap de setmana

|          |         |         |     |        |                |
|----------|---------|---------|-----|--------|----------------|
| Dissabte | 10.15h  | 11.00h  | 45' | Sala 1 | CyclingVIRTUAL |
| Diumenge | 9.15 h  | 10.00 h | 45' | Sala 1 | CyclingVIRTUAL |
|          | 11.00 h | 11.45 h | 45' | Sala 1 | CyclingVIRTUAL |

La direcció es reserva el dret de modificar, quan ho consideri necessari, el nombre de sessions, el contingut i horari d'aquestes i els tècnics que imparteixen.

Una sessió podrà no impartir-se per impossibilitat material de substitució o qualsevol altre raó aliena al centre.