

INICI	FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:05h	7:50h	SALA 4		CYCLING			CyclingVIRTUAL
7:05h	8:00h	SALA 1					
7:45h	8:30h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL		
8:00h	8:55h	SALA 2			PILATES		
8:30h	8:55h	SALA 2	GAC				
8:30h	8:55h	SALA 1					GAC
8:30h	9:15h	SALA 4		CyclingVIRTUAL		CyclingVIRTUAL	CyclingVIRTUAL
9:00h	9:25h	SALA 1	PILATES		GAC		ESTIRAMENTS
9:00h	9:25h	SALA 2		GAC	CTC 25'		
9:00h	9:55h	SALA 2	TONIFICACIÓ				
9:30h	9:55h	SALA 2		ESTIRAMENTS	HIPOPRESSIUS		
9:30h	10:15h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL		
9:30h	10:25h	SALA 1			PILATES		
9:45h	10:30h	SALA 4		CYCLING			CYCLING
10:00h	10:25h	SALA 2				BALANCE	
10:00h	10:55h	SALA 2	BALANCE		BALANCE		
10:30h	10:55h	SALA 2				HIPOPRESSIUS	
10:30h	10:55h	SALA 1		GAC			
10:30h	11:25h	SALA 1	GIMSUAU		GIMSUAU	ESTIRAMENTS	GIMSUAU
10:30h	11:30h	SALA 3		IOGA			
10:45h	11:30h	SALA 4	CYCLING		CYCLING	CYCLING	
11:00h	11:25h	SALA 1		ESTIRAMENTS			
11:00h	11:25h	SALA 2	HIPOPRESSIUS				
11:00h	11:55h	SALA 2		PILATES		PILATES	
11:00h	12:00h	SALA 3				IOGA	
11:30h	12:25h	SALA 1			ESTIRAMENTS		PILATES
11:30h	12:30h	SALA 3		IOGA			
13:30h	14:15h	SALA 4		CYCLING		CYCLING	
13:30h	14:25h	SALA 1					
14:00h	14:45h	SALA 4					CyclingVIRTUAL
14:20h	15:05h	SALA 1					
15:05h	15:15h	SALA 1				TABATA	
14:20h	15:15h	SALA 1		PILATES			
14:30h	15:15h	SALA 4	CYCLING		CYCLING		
15:30h	16:15h	SALA 4		CyclingVIRTUAL		CyclingVIRTUAL	
16:00h	16:45h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL		
17:00h	17:45h	SALA 4		CyclingVIRTUAL		CyclingVIRTUAL	CyclingVIRTUAL
17:30h	18:15h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL		
17:30h	17:55h	SALA 1	HIPOPRESSIUS 25'				
18:00h	18:25h	SALA 1	ESTIRAMENTS 25'		CTC 25'		
18:00h	18:55h	SALA 1					PILATES
18:00h	18:45h	SALA 4					CyclingVIRTUAL
18:20h	19:05h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL		
18:30h	18:55h	SALA 1			HIPOPRESSIUS		
18:30h	19:25h	SALA 1		TONIFICACIÓ		TONIFICACIÓ	
18:30h	19:25h	SALA 4			IOGA NOU		
19:00h	19:25h	SALA 1			GAC		
19:00h	19:55h	SALA 1					
19:00h	19:55h	SALA 2	PILATES	BODYCOMBAT			
19:00h	19:45h	SALA 4					CyclingVIRTUAL
19:15h	20:00h	SALA 4	CYCLING	CYCLING	CYCLING	CYCLING	
19:30h	20:25h	SALA 1		PILATES		PILATES	
19:30h	20:30h	EXTERIOR		RUNNING		RUNNING	
19:30h	20:30h	SALA 3	IOGA		IOGA		
20:00h	20:45h	SALA 4					CYCLING
20:00h	20:55h	SALA 1					ESTIRAMENTS
20:00h	20:55h	SALA 2	BODYCOMBAT		ATTACK+		
20:15h	21:00h	SALA 4	CYCLING	CYCLING	CYCLING	CYCLING	
20:30h	21:25h	SALA 1			PILATES	BODYCOMBAT	
20:30h	21:30h	SALA 3	IOGA		IOGA		

ACTIVITATS DIRIGIDES AQUÀTIQUES

INICI	FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8:00h	8:45h	PISCINA		AIGUAGIM		AIGUAGIM	
8:45h	9:30h	PISCINA	AIGUAGIM		AIGUAGIM		AIGUAGIM
9:30h	10:15h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
12:30h	13:15h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM
16:15h	16:45h	PISCINA		AIGUAGIM 30'		AIGUAGIM 30'	
19:45h	20:30h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM

ACTIVITATS DIRIGIDES A LA SALA DE FITNESS

INICI	FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8:15h	8:30h	S. FITNESS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS
9:00h	9:20h	S. FITNESS		SYNRGY		SYNRGY	SYNRGY
9:15h	9:35h	S. FITNESS	CIRCUIT		CIRCUIT		
10:00h	10:15h	S. FITNESS	ABDOMINALS	ISOMETRIC NOU!	ABDOMINALS	ISOMETRIC NOU!	ABDOMINALS
11:00h	11:20h	S. FITNESS	ABDOMINALS	ABDOMINALS NOU!	ABDOMINALS	ABDOMINALS NOU!	ISOMETRIC
18:00h	18:15h	S. FITNESS	ABDOMINALS		ABDOMINALS		ABDOMINALS
18:00h	18:15h	S. FITNESS		ESTIRAMENTS NOU!		ESTIRAMENTS NOU!	
19:00h	19:20h	S. FITNESS		SYNRGY		SYNRGY	SYNRGY
19:30h	19:45h	S. FITNESS	ABDOMINALS	ABDOMINALS		ABDOMINALS	
20:00h	20:15h	S. FITNESS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS	ABDOMINALS
21:00h	21:20h	S. FITNESS	SYNRGY	ABDOMINALS	SYNRGY	ABDOMINALS	SYNRGY



HORARI D'ACTIVITATS DIRIGIDES CAP DE SETMANA

Vàlid des del 8 de gener de 2020

INICI	FI	ESPAI	DISSABTE	DIUMENGE
9:10h	9:55h	SALA 4	CyclingVIRTUAL	
10:00h	10:45h	SALA 4	CYCLING	CyclingVIRTUAL
11:00h	11:45h	SALA 4		CyclingVIRTUAL
11:00h	11:55h	SALA 1	BODYPUMP	
12:00h	12:55h	SALA 1	PILATES	
12:00h	12:45h	SALA 4	CyclingVIRTUAL	CyclingVIRTUAL
12:30h	13:15h	PISCINA	AIGUAGIM	
17:00h	17:45h	SALA 4	CyclingVIRTUAL	
18:00h	18:45h	SALA 4	CyclingVIRTUAL	

HORARIS DE LA INSTAL·LACIÓ

HORARIS	ÚS	INSTAL·LACIÓ
Dilluns - Divendres	7:00-22:30h	7:00-23:00h
Dissabtes	9:00-19:30h	9:00-20:00h
Diumenges	9:00-14:30h	9:00-15:00h

VISITA EL NOSTRE INSTAGRAM

@cem_guinardo



C. Telègraf 31-45 | Tel. 93 446 42 60
cemguinardo@cemguinardo.cat
www.cemguinardo.cat

