

HORARIS D'ACTIVITATS DIRIGIDES

A partir del 10 de gener de 2022

INICI	FI	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7.05h	7.50h	SALA 1				BODYPUMP	
7.05h	7.50h	SALA 4		CYCLING			
8.00h	8.45h	SALA 1			BALANCE		
8.30h	9.15h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
9.00h	9.45h	SALA 1		FIT CORE R		CTC R	
9.00h	9.45h	SALA 2	GAC R		ZUMBA		
9.30h	9.45h	SOLARIUM	EXPRES FITNESS		EXPRES FITNESS		EXPRES FITNESS
9.30h	10.15h	SALA 1	ESTIRAMENTS		PILATES		PILATES R
9.30h	10.15h	SALA 2		GIMSUAU		GIMSUAU	
9.45h	10.30h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
9.45h	10.30h	ESPAI SOCIAL		CYCLING R			
10.00h	10.45h	SALA 1		CTC R		ZUMBA	
10.00h	10.45h	SALA 2	ZUMBA		BODYPUMP		
10.30h	11.15h	SALA 1	GIMSUAU		GIMSUAU		GIMSUAU
10.30h	11.15h	SALA 2		PILATES		ESTIRAMENTS	
10.30h	11.15h	SALA 3		HATHA IOGA R		HATHA IOGA R	
10.45h	11.30h	ESPAI SOCIAL	CYCLING R		CYCLING R	CYCLING R	CYCLING R
11.00h	11.15h	SALA FITNESS	EXPRES FITNESS	EXPRES FITNESS	EXPRES FITNESS		EXPRES FITNESS
11.00h	11.45h	SALA 1		ZUMBA		TONIFICACIO	
11.00h	11.45h	SALA 2	BODYPUMP		BALANCE N		
11.30h	12.00h	SALA 1			HIPOPRES. 30'		
11.30h	12.15h	SALA 1	PILATES				ZUMBA
11.30h	12.15h	SALA 2		CTC SUAU		GAC	
11.30h	12.15h	SALA 3		HATHA IOGA R		HATHA IOGA R	
12.00h	12.45h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL		
13.30h	14.15h	SALA 2	BODYPUMP		ZUMBA		
13.30h	14.15h	ESPAI SOCIAL		CYCLING		CYCLING	
14.00h	14.45h	SALA 4					CyclingVIRTUAL
14.30h	15.15h	SALA 4	CyclingVIRTUAL				
14.30h	15.15h	ESPAI SOCIAL			CYCLING		
14.30h	15.25h	SALA 1		PILATES		BODYPUMP	
16.00h	16.45h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL		
17.00h	17.45h	SALA 4		CyclingVIRTUAL		CyclingVIRTUAL	
17.30h	18.15h	SALA 1	BODYPUMP		CTC R		
18.00h	18.15h	SALA FITNESS		EXPRES FITNESS		EXPRES FITNESS	
18.00h	18.45h	SALA 4					CyclingVIRTUAL
18.15h	19.00h	ESPAI SOCIAL	CYCLING R		CYCLING R		
18.30h	18.55h	SALA 1		TONIFICACIO		ESTIRAMENTS	
18.30h	18.55h	SALA 2		PILATES		FUNCIONAL N	
18.30h	19.15h	SALA 1	BODYPUMP		ZUMBA		BODYPUMP
18.30h	19.15h	SALA 2		BODYPUMP		GAC R	
18.30h	19.15h	SALA 3	HATHA IOGA R		HATHA IOGA R		
19.00h	19.45h	SALA 1		PILATES		PILATES	
19.00h	19.45h	SALA 2	ESTIRAMENTS		GAC		
19.15h	20.00h	ESPAI SOCIAL	CYCLING R	CYCLING	CYCLING R	CYCLING	CYCLING R
19.30h	20.15h	SALA 1	ZUMBA		BODYPUMP		PILATES
19.30h	20.15h	SALA 2		CROSSTRAINING N		BODYPUMP	
19.30h	20.15h	SALA 3	HATHA IOGA R		HATHA IOGA R		
19.30h	20.30h	EXTERIOR		RUNNING		RUNNING	
20.00h	20.15h	SALA FITNESS	EXPRES FITNESS		EXPRES FITNESS		
20.00h	20.45h	SALA 1		ESTIRAMENTS		TONIFICACIO	
20.30h	21.15h	SALA 2		BALANCE		PILATES ADVANCE	
20.15h	21.00h	SALA 4	CyclingVIRTUAL		CyclingVIRTUAL		CyclingVIRTUAL
20.15h	21.00h	ESPAI SOCIAL		CYCLING R		CYCLING R	
20.30h	21.00h	SALA 1					ESTIRAMENTS 25'
20.30h	21.00h	SALA 1	ATTACK R		BODYPUMP		
20.30h	21.15h	SALA 2		CTC N		BODYPUMP	

N nova activitat R reservable

La Direcció podrà, quan ho consideri necessari, 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 material de substitució o qualsevol altre raó aliena al centre.

ACTIVITATS DIRIGIDES AQUÀTIQUES

INICI	FI	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
8.00h	8.45h	PISCINA		AIGUAGIM		AIGUAGIM		
8.45h	9.30h	PISCINA	AIGUAGIM		AIGUAGIM		AIGUAGIM	
9.30h	10.15h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM		
10.15h	11.00h	PISCINA					AIGUAGIM	
12.30h	13.15h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM
19.45h	20.30h	PISCINA	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM		

HORARIS D'ACTIVITATS DIRIGIDES CAP DE SETMANA

INICI	FI	ESPAI	DISSABTE	DIUMENGE
9.10h	9.55h	SALA 4	CyclingVIRTUAL	CyclingVIRTUAL
10.00h	10.45h	SALA 4		CyclingVIRTUAL
10.00h	10.45h	ESPAI SOCIAL	CYCLING R	
11.00h	11.45h	SALA 1	BODYPUMP R	
11.00h	11.45h	SALA 4		CyclingVIRTUAL
12.00h	12.45h	SALA 1	PILATES R	
12.00h	12.45h	SALA 4	CyclingVIRTUAL	
14.00h	14.45h	SALA 4	CyclingVIRTUAL	
17.00h	17.45h	SALA 4	CyclingVIRTUAL	
18.00h	18.45h	SALA 4	CyclingVIRTUAL	

R reservable



HORARIS TÈCNICS DE FITNESS

	MATI	TARDA
Dilluns a divendres	8.00 - 13.00h	17.30 - 21.00h

HORARIS DE LA INSTAL·LACIÓ

	ÛS	INSTAL·LACIÓ
Dilluns a Divendres	7.00 - 22.00h	7.00 - 22.30h
Dissabtes	9.00 - 19.30h	9.00 - 20.00h
Diumenges	9.00 - 14.30h	9.00 - 15.00h

