

HORARIS D'ACTIVITATS DIRIGIDES A PARTIR DEL 7 DE GENER DE 2020

	INICI	FI	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
	7:10h	7:55h	SALA 2	CYCLING		CyclingVIRTUAL		CYCLING		
	7:10h	7:55h	SALA 1		E. FUNCIONAL	TONIFICACIÓ	HIIT			
	8:15h	9:00h	P. PETITA		AIGUAGIM	AIGUAGIM		AIGUAGIM		
	8:30h	9:00h	S. FITNES		SYNRGY		SYNRGY			
	8:30h	9:15h	SALA 2		CYCLING		CYCLING			
	8:30h	9:25h	SALA 1	CTC		FIT DANCE				
	9:00h	9:15h	SALA 3		ABDOMINALS		ABDOMINALS			
	9:00h	9:30h	SALA 2			HIPOPRESSIUS				
	9:00h	9:45h	P. PETITA				AIGUAGIM			
	9:30h	10:00h	SALA 2	HIPOPRESSIUS	ESTIRAMENTS		ESTIRAMENTS			
	9:30h	10:15h	SALA 2					CYCLING	CYCLING	
	9:30h	10:25h	SALA 1			BALANCE		FIT DANCE NOU!		
	10:00h	10:45h	P. GRAN	AIGUAGIM		AIGUAGIM		AIGUAGIM		
	10:15h	11:00h	SALA 2							CyclingVIRTUAL
	10:30h	10:55h	SALA 1			CORE				
	10:30h	11:15h	SALA 2	CyclingVIRTUAL				CyclingVIRTUAL		
	10:30h	11:25h	SALA 1	GIMSUAU				PILATES		
	11:00h	11:45h	SALA 2			CyclingVIRTUAL	CyclingVIRTUAL			
	11:00h	11:55h	SALA 1			GIMSUAU				
	11:30h	12:25h	SALA 1					GIMSUAU		
	12:00h	12:45h	SALA 2		CyclingVIRTUAL			CyclingVIRTUAL		CyclingVIRTUAL
	13:00h	13:45h	SALA 2	CyclingVIRTUAL					CyclingVIRTUAL	
	13:30h	14:00h	SALA 1		CORE					
	14:05h	15:00h	SALA 1							
	15:00h	15:45h	P. PETITA	AIGUAGIM				AIGUAGIM		
	15:15h	16:00h	SALA 2			CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL		
	15:15h	16:10h	SALA 1	TONIFICACIÓ			BALANCE			
	16:00h	16:45h	P. PETITA			AIGUAGIM				
	16:30h	17:25h	SALA 1				GIMSUAU			
	17:00h	17:45h	SALA 2							CyclingVIRTUAL
ACTIVITATS A PARTIR DE 14 ANYS	17:00h	17:50h	SALA 1		PILATES					
	17:15h	18:00h	SALA 2	CyclingVIRTUAL		CyclingVIRTUAL				
	17:30h	18:15h	SALA 1					FIT DANCE FAMILIAR		
	17:30h	18:15h	SALA 2		CyclingVIRTUAL		CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	
	17:45h	18:30h	SALA 1	CTC			FAMILIAR			
	18:00h	18:55h	SALA 1				BALANCE			
	18:15h	18:45h	S. FITNES	SYNRGY			SYNRGY			
	18:30h	19:00h	SALA 2	HIPOPRESSIUS						
	18:30h	19:25h	SALA 1							
	18:45h	19:15h	S. FITNES			SYNRGY				
	19:00h	19:30h	SALA 2	ESTIRAMENTS						
	19:00h	19:30h	S. FITNES					SYNRGY		
	19:00h	19:45h	P. PETITA		AIGUAGIM					
	19:00h	19:45h	SALA 1							
	19:00h	19:45h	SALA 2						CyclingVIRTUAL	CyclingVIRTUAL
	19:05h	19:50h	SALA 2		CYCLING		CYCLING			
	19:15h	19:45h	S. FITNES		SYNRGY					
	19:15h	20:00h	P. PETITA	AIGUAGIM		AIGUAGIM				
	19:15h	20:00h	SALA 1				CORE			
	19:30h	19:45h	SALA 3					ABDOMINALS		
	19:30h	20:15h	SALA 2					CYCLING		
	19:30h	20:25h	SALA 1					BALANCE		
	19:45h	20:30h	P. PETITA				AIGUAGIM			
	19:45h	20:40h	SALA 1		BALANCE					
	19:50h	20:35h	SALA 2	CYCLING		CYCLING				
	19:55h	20:40h	SALA 2		CYCLING					
	20:00h	20:30h	S. FITNES	SYNRGY						
	20:00h	20:45h	SALA 1				FIT DANCE			
	20:00h	20:45h	SALA 2				CYCLING			
	20:30h	20:45h	SALA 3	ABDOMINALS						
	20:30h	21:00h	S. FITNES		SYNRGY	SYNRGY	SYNRGY			
	20:30h	21:15h	P. PETITA		AIGUAGIM					
	20:30h	21:25h	SALA 1							
	20:40h	21:25h	SALA 2	CYCLING		CYCLING				
	20:45h	21:40h	SALA 1							
	20:50h	21:35h	SALA 1				CORE			
	21:00h	21:15h	SALA 3				ABDOMINALS			

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.