



# Horaris d'activitats dirigides

A partir del 25 de juliol de 2022

| Inici  | Fi     | Espai     | Dilluns            | Dimarts            | Dimecres             | Dijous               | Divendres            |
|--------|--------|-----------|--------------------|--------------------|----------------------|----------------------|----------------------|
| 7.10h  | 7.55h  | Sala 2    | CyclingVIRTUAL     | CyclingVIRTUAL     | CyclingVIRTUAL       | CyclingVIRTUAL       | CyclingVIRTUAL       |
| 8.30h  | 9.00h  | Sala 1    |                    | SYNRGY             |                      | SYNRGY               |                      |
| 8.30h  | 9.15h  | Sala 1    | CTC                |                    |                      |                      | LES MILLS BODYPUMP   |
| 8.30h  | 9.15h  | Sala 2    |                    | Cycling            |                      | Cycling              |                      |
| 9.00h  | 9.15h  | Sala 1    |                    | Abdominals         |                      | Abdominals           |                      |
| 9.30h  | 10.15h | Sala 1    |                    | LES MILLS BODYPUMP | Balance              | LES MILLS BODYCOMBAT | FitDance             |
| 9.30h  | 10.25h | Sala 1    | LES MILLS BODYPUMP |                    |                      |                      |                      |
| 10.30h | 11.15h | Sala 1    |                    |                    | Core                 |                      |                      |
| 10.30h | 11.15h | Sala 2    | CyclingVIRTUAL     | CyclingVIRTUAL     | CyclingVIRTUAL       | CyclingVIRTUAL       | CyclingVIRTUAL       |
| 10.30h | 11.25h | Exterior  |                    | Pilates            |                      | LES MILLS BODYPUMP   |                      |
| 12.00h | 12.45h | Sala 2    | CyclingVIRTUAL     | CyclingVIRTUAL     | CyclingVIRTUAL       | CyclingVIRTUAL       | CyclingVIRTUAL       |
| 15.00h | 15.45h | P. petita | Aiguagim           |                    |                      |                      | Aiguagim             |
| 15.15h | 16.00h | Sala 2    | CyclingVIRTUAL     | CyclingVIRTUAL     | CyclingVIRTUAL       | CyclingVIRTUAL       | CyclingVIRTUAL       |
| 15.15h | 16.10h | Sala 1    | LES MILLS BODYPUMP | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT |                      |                      |
| 17.15h | 18.00h | Sala 2    | CyclingVIRTUAL     | CyclingVIRTUAL     | CyclingVIRTUAL       | CyclingVIRTUAL       | CyclingVIRTUAL       |
| 18.00h | 18.45h | Sala 1    |                    | LES MILLS BODYPUMP |                      | Balance              |                      |
| 18.30h | 19.15h | Sala 1    | LES MILLS BODYPUMP |                    | LES MILLS BODYPUMP   |                      | LES MILLS BODYCOMBAT |
| 18.55h | 19.40h | Sala 2    | CyclingVIRTUAL     | Cycling            | CyclingVIRTUAL       | Cycling              | Cycling              |
| 19.00h | 19.45h | Sala 1    |                    | ZUMBA              |                      | Core                 |                      |
| 19.30h | 20.15h | Sala 1    | LES MILLS BODYPUMP |                    | LES MILLS BODYPUMP   |                      |                      |
| 19.50h | 20.35h | Sala 2    | Cycling            |                    | Cycling              |                      | CyclingVIRTUAL       |

## Cap de setmana

| Inici  | Fi     | Espai  | Dissabte       | Diumenge       |
|--------|--------|--------|----------------|----------------|
| 10.30h | 11.15h | Sala 2 | CyclingVIRTUAL | CyclingVIRTUAL |
| 12.00h | 12.45h | Sala 2 | CyclingVIRTUAL | CyclingVIRTUAL |
| 15.15h | 16.00h | Sala 2 | CyclingVIRTUAL | CyclingVIRTUAL |
| 17.15h | 18.00h | Sala 2 | CyclingVIRTUAL | CyclingVIRTUAL |
| 18.55h | 19.40h | Sala 2 | CyclingVIRTUAL | CyclingVIRTUAL |

La direcció es reserva el dret de modificar, quan ho consideri necessari, nombre de sessions, contingut i horaris, i els tècnics que les imparteixen. Una sessió podrà no impartir-se per impossibilitat material de substitució o qualsevol altre raó aliena al centre.