



Horaris d'activitats dirigides

A partir del 10 de gener de 2022

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7:10h	7:55h	Sala 2		CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	
7:10h	7:55h	Exterior	Cycling		Tonificació	HIIT	Cycling
8:15h	9:00h	P. petita		Aiguagim	Aiguagim	Aiguagim	Aiguagim
8:30h	9:00h	Exterior		SYNRGY		SYNRGY	
8:30h	9:15h	Exterior	CTC	Cycling	CTC	Cycling	
9:00h	9:15h	Exterior		Abdominals		Abdominals	
9:00h	9:30h	Exterior	Hipopressius		Hipopressius		
9:30h	10:15h	Exterior			Balance		FitDance
9:30h	10:25h	Exterior					
9:45h	10:15h	Exterior		Estiraments		Estiraments	
10:00h	10:45h	P. gran	Aiguagim		Aiguagim		Aiguagim
10:30h	11:15h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
10:30h	11:15h	Exterior			Core		
10:30h	11:25h	Exterior					Pilates
11:15h	11:55h	Exterior			GimSuau		
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	Exterior				Balance	
17:00h	17:45h	Exterior		HIIT			
17:15h	18:00h	Sala 2		CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
17:30h	18:15h	Exterior	Cycling				
18:00h	18:45h	Exterior				Balance	
18:30h	19:15h	Exterior					
18:55h	19:40h	Sala 2	CyclingVIRTUAL	Cycling	CyclingVIRTUAL	Cycling	Cycling
19:00h	19:30h	Sala Fitness	SYNRGY				
19:00h	19:45h	Exterior				Core	
19:15h	20:00h	P. petita	Aiguagim		Aiguagim		
19:30h	20:15h	Exterior					
19:30h	20:25h	Exterior					Balance
19:50h	20:35h	Sala 2	Cycling		Cycling	Cycling	CyclingVIRTUAL
19:50h	20:35h	Exterior		Cycling		FitDance	
20:00h	20:45h	Sala 2		Balance			
20:30h	21:15h	Exterior					
20:30h	21:25h	Exterior					
20:45h	21:25h	Exterior					

Cap de setmana

Inici	Fi	Espai	Dissabte	Diumenge
9:30h	10:15h	Exterior	Cycling	
10:30h	11:15h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL
10:30h	11:25h	Exterior		
12:00h	12:45h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL
15:15h	16:00h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL
17:15h	18:00h	Sala 2	CyclingVIRTUAL	CyclingVIRTUAL
19:00h	19:45h	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.