



Horaris d'activitats dirigides

a partir del 4 de febrer de 2023

Inici	Fi	Espai	Dilluns	Dimarts	Dimecres	Dijous	Divendres
7.10h	7.55h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
8.00h	8.45h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
8.00h	8.50h	Sala 1			CTC	BALANCE	GAC
8.15h	8.35h	Sala fitness	CORE 20'				
9.00h	9.45h	Cycling	CyclingVIRTUAL	CYCLING	CyclingVIRTUAL	CyclingVIRTUAL	CyclingVIRTUAL
9.00h	9.45h	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM
9.00h	9.50h	Sala 1			PILATES	GAC	
9.00h	9.50h	Sala 2	GIM. SUAU	GIM. SUAU	GIM. SUAU	GIM. SUAU	GIM. SUAU
10.00h	10.45h	Cycling		CyclingVIRTUAL		CYCLING	CyclingVIRTUAL
10.00h	10.45h	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
10.00h	10.50h	Sala 1	FITDANCE	ESTIRAMENTS		PILATES	EXTREM CORE
10.00h	10.50h	Sala 2	GIM. SUAU	REHABILITACIÓ*	GIM. SUAU	REHABILITACIÓ*	GIM. SUAU
11.00h	11.45h	Cycling	CyclingVIRTUAL		CyclingVIRTUAL		CyclingVIRTUAL
11.00h	11.50h	Sala 1	PILATES		BALANCE		
11.15h	11.35h	Sala 2			HIOPRESSIUS 20'		
11.15h	12.00h	Piscina	AIGUA I SALUT*	AIGUA I SALUT*	AIGUA I SALUT*	AIGUA I SALUT*	AIGUA I SALUT*
14.00h	14.45h	Cycling	CyclingVIRTUAL		CyclingVIRTUAL		CyclingVIRTUAL
15.00h	15.45h	Cycling		CyclingVIRTUAL		CyclingVIRTUAL	
16.00h	16.45h	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
17.00h	17.45h	Cycling	CyclingVIRTUAL		CyclingVIRTUAL	CyclingVIRTUAL	
17.15h	17.35h	Sala 2	ESTIRAMENTS 20'	HIIT 20'	CORE 20'	HIIT 20'	CORE 20'
18.00h	18.45h	Cycling		CYCLING		CyclingVIRTUAL	CYCLING
18.00h	18.50h	Sala 1	PILATES	EXTREM CORE			
18.00h	18.50h	Sala 2	CTC		TONIFICACIÓ	BALANCE	
18.15h	18.35h	Sala fitness	CORE 20'		CORE 20'		
19.00h	19.50h	Sala 1	EXTREMFIT	PILATES		EXTREMFIT	
19.00h	19.50h	Sala 2			PILATES		
19.15h	19.35h	Sala fitness	CORE 20'			CORE 20'	
19.15h	20.00h	Cycling	CYCLING			CYCLING	CyclingVIRTUAL
20.00h	20.45h	Cycling			CYCLING		
20.00h	20.45h	Piscina	AIGUAGIM	AIGUAGIM	AIGUAGIM	AIGUAGIM	
20.00h	20.50h	Sala 1					
20.15h	21.00h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL		CyclingVIRTUAL	

* Activitats NO incloses a la quota

Cap de setmana

Inici	Fi	Espai	Dissabte	Diumenge
10.00h	10.50h	Sala 1	PILATES	
10.15h	11.00h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL
11.00h	11.45h	Piscina	AIGUAGIM	
11.00h	11.50h	Sala 1		
11.15h	12.00h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL
12.15h	13.00h	Cycling	CyclingVIRTUAL	CyclingVIRTUAL
14.00h	14.45h	Cycling	CyclingVIRTUAL	
17.00h	17.45h	Cycling	CyclingVIRTUAL	
18.00h	18.45h	Cycling	CyclingVIRTUAL	

SEMPRE AL TEU RITME

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.