

Horari d'Activitats Dirigides

SETMANA 01-07 SETEMBRE

Hores	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:15	8:15	PND		NATACIÓ- Santi				
7:30	8:15	3C	CYCLING- Blay	CYCLING- Diana	CYCLING- Blay	CYCLING- Xavi	CYCLING- Blay	
7:35	8:30	1	★ BODY PUMP- Sergi	FUNCIONAL TRAINING -Juanjo	FUNCIONAL TRAINING - Diana			
8:05	9:00	1			BODY PUMP- Sergi			
8:15	8:30	GYM			ESCOLA D'ESQUENA 15 min			
8:30	9:15	3C	CYCLING-Blay		CYCLING- Blay			
8:35	9:30	2	EN FORMA-Sergi	EN FORMA-Bárbara	TOTAL TRAINING -	EN FORMA- Sandra	TOTAL TRAINING -Nieves	
9:00	9:45	3C		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL	
9:00	9:45	PA		AQUAGYM-Diana		AQUAGYM-Diana		
9:05	10:00	4	PILATES-Bárbara		PILATES-Juani		PILATES-Javier Blay	
9:05	10:15	4		YOGA-KIKO		YOGA-Barbara Borgia		
9:35	10:30	2	TONO- Nieves	TOT BODY- Bárbara	TOT BODY- Nieves	TONO-Sandra	ZUMBA-Nieves	GAC
9:35	10:30	4						PILATES
10:00	11:15	4					YOGA	
10:00	10:45	3C	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING
10:35	11:30	2	TOT BODY-Nieves	PILATES REHAB- Bárbara	ZUMBA-Nieves	TOT BODY-Nieves	TOT BODY	TONO
10:35	11:30	4			★ GYM SUAU-Barbara	PILATES-Sandra		
11:00	11:45	PA		AQUAFIT-Sara		AQUAFIT- Diana		
11:00	11:45	3C					CYCLING VIRTUAL	CYCLING VIRTUAL
11:35	12:30	2			SEVILLANES-nieves		FITNESS HIIT	GAC
11:35	12:30	4						
11:40	12:35	4					PILATES	
11:45	13:00	4		YOGA-judith		YOGA-Barbara Borgia		
12:00	12:45	PA	AQUAGYM-Barbara F.	AQUAFIT-Sara	AQUAGYM-Barbara F.	AQUAFIT-Sara	AQUAGYM-Barbara F.	AQUAFIT
12:00	12:45	3C					CYCLING VIRTUAL	CYCLING VIRTUAL
13:00	13:45	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	
14:05	15:00	4	YOGA-Barbara Borgia	PILATES-Sandra	YOGA-Barbara Borgia	PILATES-Sandra		
14:15	15:00	3C	CYCLING-Kir	CYCLING-Xavi	CYCLING-Blay	CYCLING-Sergi	CYCLING-Kir	
14:15	15:00	1	FUNCIONAL TRAINING -Javi N.	BODY PUMP- Blay	FUNCIONAL TRAINING -Carles	BODY PUMP- Blay	FUNCIONAL TRAINING -Javi Nogales	
14:35	15:30	2	TOTAL TRAIN- Sara	TOT BODY-Sara	STEP-INTERVAL- Sergi	TOT BODY- Sara	TOTAL TRAIN- Sara	
15:10	15:30	1	Abdominal 20'-Kir	Abdominal 20'- Blay	Abdominal 20'-Blay	Abdominal 20'- Blay	Abdominal 20'-Kir	
17:35	18:30	1	GAC-Sara	BODY PUMP- Kir	TONO-Cristina	★ GAC-Kir		
17:35	18:30	2					CORE-Kir	
17:35	18:30	4			★ PILATES-Sergi		★ PILATES- Diana	
17:45	18:30	3C	CYCLING-Nico	CYCLING- Diana	CYCLING- Diana	CYCLING VIRTUAL	CYCLING VIRTUAL	
18:05	19:00	2	EN FORMA- Cristina	EN FORMA-SARA	★ GAC-Kir	TONO-Irene		
18:05	19:00	1					★ BODY PUMP- Sergi	
18:00	19:15	4		YOGA-Marta		YOGA-Joan		
18:35	19:30	1	BODY PUMP- Sara	★ CORE-Kir	BODY PUMP- Cristina	★ ZUMBA - Nieves		
18:35	19:30	2					★ TOT BODY- Diana	
18:35	19:30	4	★ PILATES-Irene					
18:35	19:45	4			★ YOGA INICIACION-Marta			
18:45	19:30	3C	CYCLING-Diana	CYCLING-Chus	CYCLING-Sergi	CYCLING-Kir	CYCLING-Kir	
18:45	20:00	4					YOGA-Barbara Borgia	
19:00	19:45	PA	AQUAFIT-Nico	AQUAFIT-Nico	AQUAFIT-Diana	★ AQUAFIT-Nico		
19:00	20:00	EXT		RUNNING- Oriol				
19:05	20:00	CONT		CROSS TRAINING- Oscar		CROSS TRAINING- Oscar		
19:05	20:00	2	TOT BODY-Cristina	TONO-Sara	TOT BODY-Kir	TOT BODY-Sergi/diana		
19:20	20:15	4		PILATES- Diana		PILATES-Irene		
19:35	20:30	CONT	CROSS TRAINING - Artur		CROSS TRAINING - Artur			
19:35	20:30	1	TONO-Sara	FITNESS HIIT- Kir	★ ZUMBA - Cristina	★ BODY PUMP- Diana/sergi		
19:35	20:50	4	YOGA-Lali					
19:45	20:30	3C	CYCLING-Diana	CYCLING-Chus	CYCLING-Sergi	CYCLING-Kir	CYCLING VIRTUAL	
20:05	21:00	2		TOT BODY-Sara	★ TONO-Kir			
20:45	21:30	3C	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL			

Sala	
1	Sala 1
2	Sala 2
3C	Sala 3 Cycling
4	Sala 4
Ext	Exterior
PA	Piscina Actividades
PND	Piscina Natación Deportiva (25m.)
GYM	Gimnasio

★ NOVETATS I MODIFICACIONS