

Horari d'Activitats Dirigides

SETMANA 30 SETEMBRE - 06 D'OCTUBRE

| Hores | Sala | Dilluns 30 | Dimarts 01 | Dimecres 02 | Dijous 03 | Divendres 04 | Dissabte 05 | Diumenge 06 | Hores | Sala | |
|-------|-------|------------|----------------------------|----------------------------|----------------------------|------------------------|-----------------------------|-----------------|-------|-------|-------|
| 7:15 | 8:15 | PNE | | NATACIÓ- Santi | | | | | 7:15 | 8:15 | PNE |
| 7:30 | 8:15 | 3C | CYCLING- Javier Blay | CYCLING- Diana | CYCLING- Javier Blay | CYCLING- Diana | CYCLING- Javier Blay | | 7:30 | 8:15 | 3C |
| 7:35 | 8:30 | 1 | | FUNCIONAL TRAINING -Juanjo | | | | | 7:35 | 8:30 | 1 |
| 7:35 | 8:30 | 1 | | | | CROSS TRAINING -Artur | | | 7:35 | 8:30 | 1 |
| 8:05 | 9:00 | 1 | | | BODY PUMP- Juani | | | | 8:05 | 9:00 | 1 |
| 8:15 | 8:30 | GYM | | | ESCOLA D'ESQUENA 15 min | | | | 8:15 | 8:30 | GYM |
| 8:30 | 9:15 | 3C | | | CYCLING- Javier Blay | | | | 8:30 | 9:15 | 3C |
| 8:35 | 9:30 | 2 | EN FORMA-Juani | EN FORMA-Hugo | TOTAL TRAINING -J.Becerril | EN FORMA-Hugo | TOTAL TRAINING -Sara Aldana | YOGA ☆ | 8:35 | 9:30 | 2 |
| 9:05 | 10:00 | 4 | PILATES-Barbara F. | YOGA-Kiko | | | | | 9:05 | 10:00 | 4 |
| 9:05 | 10:00 | 1 | | | PILATES-Juani ☆ | YOGA-Eulalia ☆ | PILATES-Javier Blay ☆ | | 9:05 | 10:00 | 1 |
| 9:00 | 9:45 | 3C | CYCLING- Javier Blay | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | 9:00 | 9:45 | 3C |
| 9:00 | 9:45 | PA | | AQUAGYM-Diana | | AQUAGYM-Diana | | | 9:00 | 9:45 | PA |
| 9:00 | 10:00 | 2 | | | | | | PILATES ☆ | 9:00 | 10:00 | 2 |
| 9:35 | 10:30 | 2 | TONO- Nieves | AERODANCE-J. Becerril | TOT BODY-J. Becerril | TONO-Sandra | ZUMBA-Nieves | GAP | 9:35 | 10:30 | 2 |
| 10:00 | 10:45 | PA | AQUAFIT- Hugo | | AQUAFIT-Barbara F. | | AQUAFIT-Barbara F. | | 10:00 | 10:45 | PA |
| 10:00 | 10:45 | 3C | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING | 10:00 | 10:45 | 3C |
| 10:35 | 11:30 | 2 | TOT BODY-Nieves | PILATES REHAB- J. Becerril | ZUMBA-Nieves | PILATES-Sandra ☆ | TOT BODY-Nieves | TOT BODY | 10:35 | 11:30 | 2 |
| 11:00 | 11:45 | 3C | | | | | | CYCLING | 11:00 | 11:45 | 3C |
| 11:35 | 12:30 | 4 | GYM SUAU-J. Becerril | | | | | | 11:35 | 12:30 | 4 |
| 11:35 | 12:30 | 2 | | | SEVILLANES-Nieves | | GYM SUAU-Juani ☆ | FITNESS HIIT | 11:35 | 12:30 | 2 |
| 11:45 | 13:00 | 2 | | | | YOGA-Barbara Borgia ☆ | | | 11:45 | 13:00 | 2 |
| 11:45 | 13:00 | 4 | | YOGA-Judith | | | | | 11:45 | 13:00 | 4 |
| 12:00 | 12:45 | PA | AQUAGYM-Barbara F. | AQUAFIT-Sara Aldana | AQUAGYM-Barbara F. | AQUAFIT-Sara Alda | AQUAGYM-Barbara F. | | 12:00 | 12:45 | PA |
| 12:00 | 12:45 | 3C | | | | | | CYCLING VIRTUAL | 12:00 | 12:45 | 3C |
| 13:00 | 13:45 | 3C | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | 13:00 | 13:45 | 3C |
| 13:15 | 14:15 | 2 | | | YOGA-Barbara Borgia ☆ | PILATES-Sandra ☆ | | | 13:15 | 14:15 | 2 |
| 14:05 | 15:00 | 4 | YOGA-Barbara Borgia | PILATES-Sandra | | | | | 14:05 | 15:00 | 4 |
| 14:15 | 15:00 | 3C | CYCLING-Kir | CYCLING-Irene | CYCLING-Isra | CYCLING-Irene | CYCLING-Kir | | 14:15 | 15:00 | 3C |
| 14:15 | 15:00 | 1 | FUNCIONAL TRAINING -Pol G. | BODY PUMP- Juani | FUNCIONAL TRAINING -Carles | BODY PUMP- Hugo | FUNCIONAL TRAINING -Javi N. | | 14:15 | 15:00 | 1 |
| 14:35 | 15:30 | 2 | STEP-J. Rubio | TOT BODY-J. Rubio | TOTAL TRAIN-J. Becerril | TOT BODY-J. Rubio | TOTAL TRAIN-Sara Aldana | | 14:35 | 15:30 | 2 |
| 15:10 | 15:30 | 1 | Abdominal 20'-Kir | Abdominal 20'- Juani | Abdominal 20'-Barbara B. | Abdominal 20'-Hugo | Abdominal 20'-Kir | | 15:10 | 15:30 | 1 |
| 17:35 | 18:30 | 1 | GAP-Sara Aldana | BODY PUMP- Hugo | CORE-Kir ☆ | EN FORMA-Bábara F. | CORE-Kir | | 17:35 | 18:30 | 1 |
| 17:45 | 18:30 | 3C | CYCLING-Hugo | CYCLING- Diana | CYCLING- Diana | CYCLING VIRTUAL | CYCLING VIRTUAL | | 17:45 | 18:30 | 3C |
| 18:05 | 19:00 | 2 | EN FORMA-J. Becerril | EN FORMA-SARA Aldana | TONO- Fabio ☆ | TONO-Irene | TONO-Hugo | | 18:05 | 19:00 | 2 |
| 18:05 | 19:00 | 4 | PILATES-Juani | | | | | | 18:05 | 19:00 | 4 |
| 18:00 | 19:15 | 4 | | YOGA-Marta | | | | | 18:00 | 19:15 | 4 |
| 18:35 | 19:30 | 1 | BODY PUMP- Sara Aldanda | ZUMBA- Hugo | BODY PUMP- Kir | BODY PUMP- Diana | | | 18:35 | 19:30 | 1 |
| 18:45 | 20:00 | 1 | | | | | YOGA- Eulalia ☆ | | 18:45 | 20:00 | 1 |
| 18:45 | 19:30 | 3C | CYCLING-Irene | CYCLING-Kir | CYCLING-Sara Aldana | CYCLING-Chus | CYCLING-Kir | | 18:45 | 19:30 | 3C |
| 19:00 | 19:45 | PA | AQUAFIT-Hugo | AQUAFIT-Diana | AQUAFIT-Diana | | | | 19:00 | 19:45 | PA |
| 19:05 | 20:00 | 1/EXT | | CROSS TRAINING- Oscar | | | | | 19:05 | 20:00 | 1/EXT |
| 19:05 | 20:00 | 2 | TOT BODY-Becerril | TONO-Sara Aldana | TOT BODY- Fabio | TOT BODY-Hugo | GAP-Hugo | | 19:05 | 20:00 | 2 |
| 19:20 | 20:15 | 4 | | PILATES-Juani | | | | | 19:20 | 20:15 | 4 |
| 19:35 | 20:30 | 1/EXT | CROSS TRAINING -Artur | | CROSS TRAINING -Artur | | | | 19:35 | 20:30 | 1/EXT |
| 19:35 | 20:30 | 1 | TONO-Sara | FITNESS HIIT- Hugo | | PILATES-Irene ☆ | | | 19:35 | 20:30 | 1 |
| 19:35 | 20:50 | 1 | | | YOGA-Marta ☆ | | | | 19:35 | 20:50 | 1 |
| 19:35 | 20:50 | 4 | YOGA-Eulalia | | | | | | 19:35 | 20:50 | 4 |
| 19:45 | 20:30 | 3C | CYCLING-Irene | CYCLING-Kir | CYCLING-Sara Aldana | CYCLING-Chus | CYCLING VIRTUAL | | 19:45 | 20:30 | 3C |
| 20:05 | 21:00 | 2 | DANCE/STEP- J. Becerril | TOT BODY-Sara Aldana | AERO STYLE -Fabio | FITNESS HIIT - Diana ☆ | | | 20:05 | 21:00 | 2 |
| 20:45 | 21:30 | 3C | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | | | 20:45 | 21:30 | 3C |

Sala

- 1 (SALA 1)
- 2 (SALA 2)
- 3C (SALA 3 CYCLING)
- 4 (SALA 4)
- Ext (ESTRUCTURA FUNCIONAL)
- PA (PISCINA ACTIVITATS)
- PNE (PISCINA NATACIÓ ESPORTIVA)
- GYM (GIMNÀS)

*La direcció es reserva el dret de modificar l'horari i el contingut les d'activitats.

*En el Període de Vacances escolars hi haurà un horari reduït