

Horari d'activitats dirigides

A partir del 8 de gener

I SALA 1 I

HORARIS	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:10 - 8:05							
9:30 - 10:25			GIM SUAU				
10:30 - 11:25			G.A.C				
10:30 - 11:00			KAMINA				
11:30 - 12:25							
13:10 - 14:05							
13:10 - 13:40			GLUTIS 10				
13:40 - 14:05							
14:10 - 15:00	TRIMARESME		TRIMARESME				
14:10 - 14:40							
14:40 - 15:10					GLUTIS 10		
14:10 - 15:05				G.A.C			
15:35 - 16:30							
17:00 - 17:55							
17:30 - 18:00							
18:00 - 18:55		T.B.C					
19:00 - 19:55							
19:00 - 19:30	HIOPRESSIUS 30' *		HIOPRESSIUS 30' *				
20:00 - 21:00		BALLS DE MODA *					
20:00 - 22:00				SALSA *			
20:05 - 20:55		STEP					
21:00 - 21:30	GLUTIS 10	CINTURA 10					

I SALA SPINNING I

7:10 - 07:55	SPINNING	VIRTUAL	SPINNING	VIRTUAL	SPINNING		
8:10 - 08:55	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
9:35 - 10:20	SPINNING	SPINNING	SPINNING	SPINNING	VIRTUAL	VIRTUAL	VIRTUAL
10:35 - 11:20	SPINNING	VIRTUAL	VIRTUAL	VIRTUAL	SPINNING	SPINNING	VIRTUAL
12:10 - 12:55	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
13:10 - 13:55	VIRTUAL	SPINNING	VIRTUAL	SPINNING	VIRTUAL	VIRTUAL	VIRTUAL
14:10 - 14:55	SPINNING	SPINNING	SPINNING	SPINNING	VIRTUAL	VIRTUAL	VIRTUAL
15:30 - 16:15	SPINNING	VIRTUAL	SPINNING	VIRTUAL	SPINNING	VIRTUAL	VIRTUAL
17:05 - 17:50	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	
18:05 - 18:50	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING		
19:05 - 19:50	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING		
20:05 - 20:50	SPINNING	SPINNING	SPINNING	SPINNING	VIRTUAL		
21:05 - 22:05	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		

I BENEFIT I

7:10 - 08:00		PILATES		PILATES			
9:30 - 10:25	ESTIRAMENTS		PILATES	IOGA	ESTIRAMENTS		
10:30 - 11:25	IOGA	ED. POSTURAL	ESTIRAMENTS	PILATES			
10:30 - 11:25		IOGA VINYASA *	IOGA VINYASA *				
11:30 - 12:25		YIN IOGA					
13:30 - 14:20	IOGA	PILATES		IOGA			
14:10 - 15:00			PILATES				
18:00 - 18:50	IOGA		IOGA	IOGA VINYASA *			
19:00 - 19:50		ED. POSTURAL		PILATES			
20:00 - 20:50	PILATES						
20:00 - 20:30			CINTURA 10				
20:30 - 21:00			ESTIRAMENTS 30'				

I MRM XTREM I

10:30 - 11:00							
13:30 - 14:00							
14:15 - 14:45							
18:00 - 18:30							
19:00 - 19:30							
19:30 - 20:00							
20:00 - 20:30							

I AQUÀTIC I

7:10 - 08:00	AQUADANCE		AQUAJOC		AQUATONO		
9:30 - 10:20	AQUADANCE	AQUATONO	AQUAINTERVAL	AQUAEXTREM	AQUADANCE		
10:30 - 11:20	AQUAGYM	AQUADANCE	AQUADANCE	AQUATONO	AQUAGYM		
11:30 - 12:20	AQUASALUT		AQUASALUT				
14:10 - 15:00		AQUADANCE		AQUAEXTREM			
19:00 - 19:50	AQUAGYM	AQUADANCE	AQUAEXTREM	AQUAJOC	AQUADANCE		