

Horari d'activitats dirigides

A partir del 25 de juny

CET10[®]
Maresme
centre esportiu municipal

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

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		

7:10 - 08:00		PILATES		PILATES			
9:30 - 10:25	ESTIRAMENTS	BODY BALANCE	PILATES	IOGA	ESTIRAMENTS		
10:30 - 11:25	IOGA	ED. POSTURAL	ESTIRAMENTS	PILATES	BODY BALANCE		
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	BODY BALANCE	IOGA	IOGA VINYASA *			
19:00 - 19:50	BODY BALANCE	ED. POSTURAL	BODY BALANCE	PILATES			
20:00 - 20:50	PILATES						
20:00 - 20:30			CINTURA 10				
20:30 - 21:00			ESTIRAMENTS 30'				

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

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



*Les sessions complementàries no estan incloses a la quota i es realitzen a la sala polivalent.