

Horari d'activitats dirigides

A partir de l'1 de febrer

CET 10[®]
Maresme
centre esportiu municipal

| SALA 1 |

HORARIS	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
7:10 8:05							
9:30 10:25			EDAT D'OR				
10:30 11:25		SOULBODY		SOULBODY			
11:30 12:25							
13:10 14:05							
13:10 13:55			SOULBODY 45'				
14:10 15:00	TRIMARESME		TRIMARESME				
14:10 15:05							
14:10 14:55				SOULBODY 45'			
15:30 16:25							
17:00 17:55				SOULBODY			
17:30 18:00		GLUTI 30'					
18:00 18:55		SOULBODY			SOULBODY		
19:00 19:55			SOULBODY				
20:00 20:55							
21:00 21:30	SOULBODY 30'	GLUTI 30'	CORE 30'				

| SALA CYCLING |

7:10 7:55	CYCLING	VIRTUAL	CYCLING	VIRTUAL	CYCLING		
8:10 8:55	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
9:35 10:20	CYCLING	CYCLING	CETCYCLE	CYCLING	VIRTUAL		VIRTUAL
10:35 11:20	CETCYCLE	VIRTUAL	VIRTUAL	VIRTUAL	CYCLING	CYCLING	VIRTUAL
12:10 12:55	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
13:10 13:55	VIRTUAL	CYCLING	VIRTUAL	CETCYCLE	VIRTUAL	VIRTUAL	VIRTUAL
14:10 14:55	CYCLING	CYCLING	CETCYCLE	CYCLING	VIRTUAL	VIRTUAL	
15:30 15:15	CYCLING	VIRTUAL	CYCLING	VIRTUAL	CYCLING		
16:10 16:55						VIRTUAL	
17:00 17:45	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
17:10 17:55						VIRTUAL	
18:00 18:45	CETCYCLE	CYCLING	CYCLING	CYCLING	CYCLING		
18:10 18:55						VIRTUAL	
19:00 19:45	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
20:00 20:45	CYCLING	CETCYCLE	CYCLING	CYCLING	VIRTUAL		
21:00 21:45	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		

| SALA 2 |

7:10 8:00		PILATES		PILATES			
9:35 10:25	ESTIRAMENTS	PILATES	PILATES	IOGA	ESTIRAMENTS		
10:30 11:25	IOGA	ED. POSTURAL	ESTIRAMENTS	PILATES			
10:30 11:25		IOGA VINYASA *	IOGA VINYASA *				
11:30 12:25		IOGA SUAU					
13:30 14:20	IOGA	PILATES		IOGA			
14:10 15:00			PILATES				
18:00 18:55	IOGA		IOGA	IOGA VINYASA *			
19:00 19:55		ED. POSTURAL		PILATES			
19:00 19:55	HIPOPRESSIUS*		HIPOPRESSIUS*				
19:00 20:30				SALSA INICIACIÓ*			
20:00 20:55	PILATES						
20:00 21:00							
20:30 22:00				SALSA AVANÇAT*			

| MRM XTREM |

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

| AQUÀTIC |

7:10 8:00	AQUADANCE	BOARDFIT	AQUAGYM	BOARDFIT	AQUAGYM		
9:30 10:20	AQUADANCE	AQUAGYM	AQUAGYM	AQUAGYM	AQUADANCE		
10:30 11:20	AQUAGYM	AQUADANCE	AQUADANCE	AQUAGYM	AQUAGYM		
11:30 12:20	AQUASALUT		AQUASALUT				
14:10 15:00		BOARDFIT	AQUADANCE	BOARDFIT			
19:00 19:50	AQUAGYM	AQUADANCE	AQUAGYM	AQUAGYM	AQUADANCE		
21:00 21:50	BOARDFIT		BOARDFIT		BOARDFIT		