

HORARI SALA CYCLING

JUNY

Setmana del 27/05/19 al 02/06/19

| Inici | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|----------|----------|----------|----------|-----------|----------|----------|
| 7:10 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 8:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 9:35 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 10:35 | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL | CYCLING | CYCLING | VIRTUAL |
| 12:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL |
| 13:10 | VIRTUAL | CYCLING | VIRTUAL | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL |
| 14:10 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | |
| 15:30 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 16:10 | | | | | | VIRTUAL | |
| 17:00 | VIRTUAL | SPINKIDS | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 17:10 | | | | | | VIRTUAL | |
| 18:00 | CETCYCLE | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 18:10 | | | | | | VIRTUAL | |
| 19:00 | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20:00 | CYCLING | CETCYCLE | CYCLING | CYCLING | VIRTUAL | | |
| 21:00 | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |

Setmana del 03/06/2019 al 09/06/2019

| Inici | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|----------|----------|----------|----------|-----------|----------|----------|
| 7:10 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 8:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 9:35 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 10:35 | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL | CYCLING | CYCLING | VIRTUAL |
| 12:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL |
| 13:10 | VIRTUAL | CYCLING | VIRTUAL | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL |
| 14:10 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | |
| 15:30 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 16:10 | | | | | | VIRTUAL | |
| 17:00 | VIRTUAL | SPINKIDS | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 17:10 | | | | | | VIRTUAL | |
| 18:00 | CETCYCLE | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 18:10 | | | | | | VIRTUAL | |
| 19:00 | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20:00 | CYCLING | CETCYCLE | CYCLING | CYCLING | VIRTUAL | | |
| 21:00 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |

Setmana del 10/06/2019 al 16/06/2019

| Inici | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|---------|----------|----------|----------|-----------|----------|----------|
| 7:10 | | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 8:10 | | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 9:35 | VIRTUAL | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 10:35 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | CYCLING | CYCLING | VIRTUAL |
| 12:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL |
| 13:10 | VIRTUAL | CYCLING | VIRTUAL | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL |
| 14:10 | VIRTUAL | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 15:30 | | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 16:10 | | | | | | VIRTUAL | |
| 17:00 | | SPINKIDS | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 17:10 | | | | | | VIRTUAL | |
| 18:00 | | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 18:10 | | | | | | VIRTUAL | |
| 19:00 | | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20:00 | | CETCYCLE | CYCLING | CYCLING | VIRTUAL | | |
| 21:00 | | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |

Setmana del 17/06/2019 al 23/06/2019

| Inici | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|----------|----------|----------|----------|-----------|----------|----------|
| 7:10 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 8:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 9:35 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 10:35 | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL | CYCLING | CYCLING | VIRTUAL |
| 12:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL |
| 13:10 | VIRTUAL | CYCLING | VIRTUAL | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL |
| 14:10 | CYCLING | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | |
| 15:30 | CYCLING | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 16:10 | | | | | | VIRTUAL | |
| 17:00 | VIRTUAL | SPINKIDS | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 17:10 | | | | | | VIRTUAL | |
| 18:00 | CETCYCLE | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 18:10 | | | | | | VIRTUAL | |
| 19:00 | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20:00 | CYCLING | CETCYCLE | CYCLING | CYCLING | VIRTUAL | | |
| 21:00 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |

Setmana del 24/06/2019 al 30/06/2019

| Inici | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|-------|---------|----------|----------|----------|-----------|----------|----------|
| 7:10 | | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 8:10 | | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 9:35 | VIRTUAL | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | VIRTUAL |
| 10:35 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | CYCLING | CYCLING | VIRTUAL |
| 12:10 | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL |
| 13:10 | VIRTUAL | CYCLING | VIRTUAL | CETCYCLE | VIRTUAL | VIRTUAL | VIRTUAL |
| 14:10 | VIRTUAL | CYCLING | CETCYCLE | CYCLING | VIRTUAL | VIRTUAL | |
| 15:30 | | VIRTUAL | CYCLING | VIRTUAL | CYCLING | | |
| 16:10 | | | | | | VIRTUAL | |
| 17:00 | | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |
| 17:10 | | | | | | VIRTUAL | |
| 18:00 | | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 18:10 | | | | | | VIRTUAL | |
| 19:00 | | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20:00 | | CETCYCLE | CYCLING | CYCLING | VIRTUAL | | |
| 21:00 | | VIRTUAL | VIRTUAL | VIRTUAL | VIRTUAL | | |



SESSIONS

- RECUPERACIÓ** Codi: REC
% FC Màx. 50-65% **Objectius:** activar i accelerar els processos de recuperació de l'organisme.
- CAPACITAT AERÒBICA BAIXA** Codi: CAB
% FC Màx. 65-75% **Objectius:** millor metabolisme dels greixos (increment de mitocondries i enzims oxidatius).
- FARTLEK** Codi: FTK
% FC Màx. 65-85% **Objectius:** desenvolupament cardiovascular. Millor transició metabòlica (greixos-glúcids).
- CAPACITAT AERÒBICA ALTA** Codi: CAA
% FC Màx. 75-85% **Objectius:** desenvolupament cardiovascular i millora del metabolisme del glucídics.
- MUNTANYA** Codi: MUN
% FC Màx. 75-85% **Objectius:** idèntics a l'anterior, amb una millora de força muscular.
- INTERVÀLICA EXTENSIVA** Codi: IE
% FC Màx: 65-85% **Objectius:** millora del dintell anaeròbic, així com del consum d'oxigen (VO2 màx).
- INTERVÀLICA INTENSIVA** Codi: II
% FC Màx. 65-95% **Objectius:** millora del dintell anaeròbic i de la tolerància a l'acumulació d'àcid làctic.
- CHALLENGE** Codi: CHA
% FC Màx: 80-97% **Objectius:** millora del ritme de competició i de la tolerància o l'acumulació d'àcid làctic.

NO OBLIDIS

Portar sempre tovallola
Netejar bé la bici abans d'anar-te'n
Portar calçat adequat
Portar aigua per hidratar-te