

Horari d'activitats dirigides

Del 25 de juny al 29 de juliol

CET10®
Maresme
centre esportiu municipal

| SALA 1 |

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

| SALA CYCLING |

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

| SALA 2 |

7:10 8:00		PILATES		PILATES			
9:30 10:25	ESTIRAMENTS	PILATES	PILATES	IOGA	ESTIRAMENTS		
10:30 11:25	IOGA	ED. POSTURAL	ESTIRAMENTS	PILATES	BODY BALANCE		
10:30 11:20		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	BODY BALANCE		IOGA VINYASA *			
19:00 19:55	BODY BALANCE	ED. POSTURAL	BODY BALANCE	PILATES			
19:00 19:30	HIPOPRESSIUS*		HIPOPRESSIUS*				
19:00 20:30				SALSA INICIACIÓ*			
20:00 21:00	PILATES						
20:30 22:00				SALSA*			

| AQUÀTIC |

7:10 8:00	AQUADANCE	BOARDFIT		BOARDFIT	AQUAGIM		
9:15 10:05	AQUADANCE	AQUAGIM	AQUAGIM	AQUAGIM	AQUADANCE		
11:00 11:50	AQUAGIM	AQUADANCE	AQUADANCE	AQUAGIM	AQUAGIM		
11:45 12:35			AQUASALUT				
14:10 15:00		BOARDFIT	AQUADANCE	BOARDFIT			
19:00 19:50	AQUADANCE	AQUAGYM	AQUADANCE	AQUAGYM	AQUAGYM		
21:00 21:50	BOARDFIT		BOARDFIT		BOARDFIT		

Entrenament muscular

Sessions cardiovasculars

Piscina gran

Piscina petita

Educació postural

Sessions cycling

Sessions alta intensitat

Sessions zumba

Sessions mixtes

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

Horari d'activitats dirigides

Del 29 de juliol a l'1 de setembre

CET10®
Maresme
centre esportiu municipal

SALA 1 i 2

Inici	Final	Sala	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
9:30	10:25	1	BODYPUMP	ESTIRAMENTS	EDAT D'OR	BODYCOMBAT	BODYPUMP		
9:30	10:25	2	ESTIRAMENTS			ED. POSTURAL			
10:30	11:25	1	ZUMBA	SOULBODY	BODYPUMP	SOULBODY	ZUMBA		
14:15	15:10	1	BODYPUMP	BODYCOMBAT	ZUMBA	BODYPUMP			
15:30	16:25	1		BODYPUMP					
17:00	17:55	1	BODYPUMP		SOULBODY		BODYPUMP		
18:00	18:55	1		BODYPUMP	ED. POSTURAL	ZUMBA			
19:00	19:55	1	ZUMBA	SOULBODY	BODYPUMP	BODYPUMP			
20:00	20:30	1			CORE 30'				
20:00	20:55	2		PILATES					
20:00	20:55	1	BODYPUMP	BODYCOMBAT		PILATES			

SALA CYCLING

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

PISCINES

9:30	10:15		AQUADANCE		AQUAGYM			
10:30	11:15	AQUAGIM		AQUADANCE		AQUAGIM		
19:00	19:50	AQUADANCE	AQUAGIM	AQUADANCE	AQUAGIM	AQUAGIM		
20:00	20:50		BOARDFIT		BOARDFIT			

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Sessions cardiovasculars

Piscina gran

Piscina petita

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Sessions alta intensitat

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