

# Programa d'activitats dirigides

A partir del 2 de setembre

CET10®  
Maresme  
centre esportiu municipal

	Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	
SALA 1	07:30	08:05		BODYPUMP						
	09:30	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							
	13:10	14:05	ZUMBA	BODYPUMP						
	13:10	13:55			SOULBODY 45'					
	14:10	15:00	TRIMARESME		TRIMARESME					
	14:10	15:05	BODYPUMP	BODYCOMBAT	ZUMBA		BODYPUMP			
	14:10	15:55				SOULBODY 45'				
	15:30	16:25		BODYPUMP		BODYPUMP				
	17:00	17:55	BODYPUMP		BODYPUMP	SOULBODY	BODYPUMP			
	17:30	18:00		GLUTI 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'	GLUTI 30'	CORE 30'					
	SALA CYCLING	07:10	07:55	CYCLING	VIRTUAL	CYCLING	VIRTUAL	CYCLING		
		08:10	08:55	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
		09:35	10:20	CYCLING	CYCLING	CETCYCLE	CYCLING		VIRTUAL	VIRTUAL
10:35		11:20	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		
14:15		15:00	CYCLING	CYCLING	CETCYCLE	VIRTUAL	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				
BENEFIT	07:10	08:00		PILATES		PILATES				
	09:30	10:25	ESTIRAMENTS	PILATES	PILATES	IOGA	ESTIRAMENTS			
	10:30	11:25	IOGA	EDUCACIÓ POSTURAL	ESTIRAMENTS	PILATES	body balance			
	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	body balance	IOGA	IOGA VINYASA*				
	19:00	19:30	HIPOPRESSIUS*		HIPOPRESSIUS*					
	19:00	19:55	body balance	EDUCACIÓ POSTURAL	body balance	PILATES				
	19:00	20:30				SALSA INICIACIÓ*				
	20:00	21:00	PILATES							
	20:30	22:00				SALSA*				
SALA HBX	07:10	07:55				HBX				
	09:30	10:15			HBX					
	10:30	11:15		HBX						
	13:10	13:55					HBX			
	14:10	14:55	HBX		HBX	HBX				
	15:30	16:15		HBX						
	18:00	18:45		HBX			HBX			
	19:00	19:45	HBX							
20:00	20:45			HBX						
PISCINES	07:10	08:00	AQUADANCE	BOARDFIT	AQUAGIM	BOARDFIT	AQUAGIM			
	09:30	10:20	AQUADANCE	AQUAGIM	AQUAGIM	AQUAGIM	AQUADANCE			
	10:30	11:20	AQUAGIM	AQUADANCE	AQUADANCE	AQUAGIM	AQUAGIM			
	11:30	12:20	AQUASALUT		AQUASALUT					
	14:10	15:00		BOARDFIT	AQUADANCE	BOARDFIT				
	19:00	19:50	AQUAGIM	AQUADANCE	AQUAGIM	AQUAGIM	AQUADANCE			
	20:00	20:50		BOARDFIT		BOARDFIT				



\*Les sessions complementàries no estan incloses a la quota i es realitzen a la sala polivalent. Per a més informació consulta a recepció.

- Entrenament muscular
- Sessions cardiovasculars
- Piscina gran
- Piscina petita
- Educació postural
- Sessions cycling
- Sessions alta intensitat
- Sessions zumba
- Sessions mixtes