

Programa d'activitats dirigides

Vàlid a partir del 7 de gener

CET 10[®]
Maresme
CENTRE ESPORTIU MUNICIPAL

Sala 1

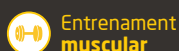
Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:10	08:05		BODYPUMP					
09:30	10:25	BODYCOMBAT	ZUMBA	EDAT D'OR	BODYCOMBAT	BODYPUMP	BODYPUMP	
10:30	11:25	ZUMBA	SOULBODY	BODYPUMP	SOULBODY	ZUMBA	ZUMBA	
11:30	12:25	BODYPUMP						
13:10	14:05	ZUMBA	BODYPUMP					
13:10	13:55			SOULBODY 45'				
14:10	15:05	BODYPUMP	BODYCOMBAT	ZUMBA		BODYPUMP		
14:10	14:55				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 2

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:10	08:00		PILATES		PILATES			
09:30	10:25	ESTIRAMENTS	PILATES	PILATES	IOGA	ESTIRAMENTS		
10:30	11:25	IOGA	EDUCACIÓ POSTURAL	ESTIRAMENTS	PILATES	BODYBALANCE		
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	BODYBALANCE	IOGA	IOGA VINYASA			
19:00	19:30	HIPOPRESSIUS		HIPOPRESSIUS				
19:00	19:55	BODYBALANCE	EDUCACIÓ POSTURAL	BODYBALANCE	PILATES			
19:00	20:30				SALSA INICIACIÓ			
20:00	20:55	PILATES						
20:30	22:00				SALSA			

Sala HBX

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:10	07:55				HBX			
09:30	10:15			HBX				
10:30	11:15		HBX		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				



Entrenament muscular



Sessions cardiovasculars



Piscina gran



Piscina petita



Educació postural



Sessions cycling



Sessions alta intensitat



Sessions mixtes

Sala Fitness

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
08:15	08:30	ABDOMINALS	MIO-STRETCHING	GLUTI CAMP	MIO-STRETCHING	ABDOMINALS		
10:15	10:30	MIO-STRETCHING	ABDOMINALS	MIO-STRETCHING	ABDOMINALS	MIO-STRETCHING		
10:30	11:00		SKILL HIIT		SKILL HIIT			
10:30	10:45						ABDOMINALS	MIO-STRETCHING
11:30	11:45							ABDOMINALS
11:30	12:00						SKILL HIIT	
12:15	12:30	MIO-STRETCHING	ABDOMINALS	MIO-STRETCHING	ABDOMINALS	MIO-STRETCHING		GLUTI CAMP
14:15	14:30	ABDOMINALS	MIO-STRETCHING	ABDOMINALS	MIO-STRETCHING	ABDOMINALS		
15:15	15:30	MIO-STRETCHING	ABDOMINALS	MIO-STRETCHING	ABDOMINALS	MIO-STRETCHING		
16:30	16:45						ABDOMINALS	
18:15	18:30	ABDOMINALS	GLUTI CAMP	ABDOMINALS	ABDOMINALS	GLUTI CAMP		
18:30	19:00	SKILL HIIT		SKILL HIIT				
18:30	18:45						GLUTI CAMP	
19:15	19:30	MIO-STRETCHING	ABDOMINALS	MIO-STRETCHING	GLUTI CAMP	MIO-STRETCHING		
20:15	20:30	GLUTI CAMP	MIO-STRETCHING	ABDOMINALS	MIO-STRETCHING	ABDOMINALS		
21:00	21:30	SKILL HIIT		SKILL HIIT	SKILL HIIT			

Sala Cycling

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
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	CYCLING	CYCLING	VIRTUAL	VIRTUAL	
15:30	16:15	CYCLING	VIRTUAL	CYCLING	VIRTUAL	CYCLING	VIRTUAL	
17:00	17:45	VIRTUAL	SPIN KIDS*	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	
18:00	18:45	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	VIRTUAL	
19:00	19:45	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
20:00	20:45	CYCLING	CETCYCLE	CYCLING	CYCLING	VIRTUAL		

Piscina gran i petita

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:10	08:00	AQUADANCE		AQUAGIM		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	BOARDFIT		

*Les sessions complementàries no estan incloses a la quota. Només hi podran accedir els inscrits/es a l'activitat. Per a més informació consulta a recepció.

