

Programa d'activitats dirigides

A partir del 14 de setembre

CET 10[®]
Maresme
CENTRE ESPORTIU MUNICIPAL

Sala 1

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
09:30	10:15	BODY PUMP	ZUMBA	EDAT D'OR	BODY COMBAT	BODY PUMP
10:30	11:15	ZUMBA	SOULBODY	BODY PUMP	G.A.P & HIIT	ZUMBA
14:00	14:45	BODY PUMP	BODY COMBAT	ZUMBA	BODY PUMP	
15:30	16:15		BODY PUMP			
18:00	18:45	G.A.P & HIIT	BODY PUMP	SOULBODY	ZUMBA	BODY PUMP
19:00	19:45	ZUMBA	GAP & HIIT	BODY PUMP	BODY PUMP	
20:00	20:45	BODY PUMP		BODY COMBAT		

Sala 2

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
09:15	10:00	ESTIRAMENTS	PILATES	PILATES		ESTIRAMENTS
10:15	11:00	IOGA			PILATES	
14:10	14:55			PILATES		
17:45	18:30	IOGA	BODY BALANCE	IOGA		
18:45	19:30	BODY BALANCE	ED. POSTURAL	BODY BALANCE	PILATES	
19:45	20:30	PILATES				

Cycling

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:10	07:55	CYCLING	VIRTUAL	CYCLING	VIRTUAL	VIRTUAL		
08:10	08:55	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL		
09:45	10:30	VIRTUAL	CYCLING	CYCLING	CYCLING	VIRTUAL	VIRTUAL	VIRTUAL
10:45	11:30	CYCLING	VIRTUAL	VIRTUAL	VIRTUAL	CYCLING	VIRTUAL	VIRTUAL
12:15	12:45	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL	VIRTUAL
13:15	14:00	VIRTUAL	VIRTUAL	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	
18:15	19:00	CETCYCLE	VIRTUAL	CYCLING	CYCLING	CYCLING	VIRTUAL	
19:15	20:00	CYCLING	CYCLING	CYCLING	CYCLING	VIRTUAL	VIRTUAL	
20:15	21:00	CYCLING	CETCYCLE	VIRTUAL	VIRTUAL	VIRTUAL		

Piscina petita

Inici	Fi	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07:15	08:00	AQUADANCE		AQUAGIM		AQUAGIM
09:45	10:30	AQUADANCE	AQUAGIM	AQUAGIM	AQUAGIM	AQUADANCE
10:30	11:15	AQUAGIM	AQUADANCE	AQUADANCE	AQUAGIM	AQUAGIM
19:00	19:45	AQUADANCE	AQUADANCE	AQUAGIM	AQUAGIM	AQUADANCE

Reserva la teva plaça a l'Àrea Client del nostre web.

