

Programa d'activitats dirigides

A partir de l'1 d'octubre

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 | PILATES | 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 | PILATES | BODY COMBAT | PILATES | |

Sala 2

| Inici | Fi | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|-------|-------|--------------|--------------|--------------|---------|-------------|
| 09:15 | 10:00 | ESTIRAMENTS | PILATES | PILATES | PILATES | ESTIRAMENTS |
| 10:15 | 11:00 | IOGA | SOULBODY | | 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 | SPIN KIDS* | 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 | | |

* Activitat infantil no inclosa a la quota.

P.Petita

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

P.Gran

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

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

