

HORARI D'ACTIVITATS DIRIGIDES AGOST 2024

Horari de l'1 d'agost al 31 d'agost



DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES			DISSABTE		
HORA	CLASSE	SALA	HORA	CLASSE	SALA	HORA	CLASSE	SALA	HORA	CLASSE	SALA	HORA	CLASSE	SALA	HORA	CLASSE	SALA
06:10-07:00	CYCLING	CYCLING				06:15-07:00	HIIT	AADD	06:15-07:00	TABATA	AADD						
07:10-08:00	FUNCTIONAL	AADD	07:10-08:00	HBX	AADD2	07:15-08:00	HIIT	AADD	07:10-08:00	CYCLING	CYCLING	07:10-08:00	TABATA	AADD			
07:15-08:00	AIGUAGYM	PISCINA				07:15-08:00	AIGUAGYM	PISCINA				07:15-08:00	AIGUAGYM	PISCINA			
08:15-09:00	AIGUAGYM	PISCINA	08:10-09:00	BODYPUMP	AADD	08:15-09:00	FUNCTIONAL	Z.FUN				08:10-09:00	ESPAI ESTIRA	AADD			
						08:15-09:00	AIGUAGYM	PISCINA									
09:15-10:00	AIGUAGYM	PISCINA	09:15-10:00	AIGUAGYM	PISCINA	09:15-10:00	AIGUAGYM	PISCINA	09:15-10:00	AIGUAGYM	PISCINA	09:15-10:00	AIGUAGYM	PISCINA	09:10-10:00	BODYPUMP	AADD
09:30-10:20	BODYPUMP	AADD				09:30-10:20	TBC	AADD	09:00-09:30	UPPERBODY	AADD	09:30-10:20	ESQUENA SANA	AADD2	09:15-10:00	AIGUAGYM	PISCINA
	ESQUENA SANA	AADD2				09:30-10:20	CYCLING	CYCLING	09:30-10:00	LOWERBODY	AADD		GAC	AADD			
									09:30-10:00	IOGA	AADD2						
10:30-11:20	ESPAI ESTIRA	AADD	10:10-11:00	ZUMBA	AADD	10:30-11:20	ESPAI ESTIRA	AADD2	10:00-10:30	ABDOMINALS	AADD	10:30-11:15	FUNCTIONAL	Z.FUN	10:10-11:00	CYCLING	CYCLING
			10:30-11:20	PILATES	AADD2										11:15-12:00	FUNCTIONAL	Z.FUN
13:40-14:20	CYCLING	CYCLING	13:40-14:20	BODYPUMP	AADD	13:40-14:20	CYCLING	CYCLING									
			16:10-17:00	ZUMBA	AADD												
17:10-18:00	BODYPUMP	AADD				17:10-18:00	FUNCTIONAL	Z.FUN							DIUMENGE		
						17:10-18:00	PILATES	AADD							HORA	CLASSE	SALA
18:10-19:00	TBC	AADD	18:10-19:00	BODYPUMP	AADD	18:10-19:00	BODYPUMP	AADD	18:10-19:00	HBX	AADD2	18:10-19:00	ZUMBA	AADD	9:30-10:20	FUNCTIONAL	Z.FUN
	CYCLING	CYCLING	18:10-19:00	CYCLING	CYCLING				18:10-19:00	CYCLING	CYCLING						
18:15-19:00	FUNCTIONAL	Z.FUN								GAC	AADD						
19:10-20:00	BODYPUMP	AADD		CYCLING	CYCLING	19:10-20:00	ZUMBA	AADD	19:10-20:00	PILATES	AADD2	19:15-20:00	FUNCTIONAL	Z.FUN			
	CYCLING	CYCLING	19:10-20:00	TABATA	AADD	19:15-20:00	FUNCTIONAL	Z.FUN	19:15-20:00	FUNCTIONAL	Z.FUN						
	ESPAI ESTIRA	AADD2		IOGA	AADD2		AIGUAGYM	PISCINA									
20:10-21:00	HBX	AADD2															

Aquest horari es pot veure modificat per circumstàncies excepcionals.