

HORARIS D'ACTIVITATS DIRIGIDES D'ÚS LLIURE

ABRIL-MAIG-JUNY 2021

INICI	FINAL	ESPAI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
7:15	8:00	EXT 2					CYCLING	
7:15	8:00	BIKE		GAC	HARD TRAINING	TONIFICACIÓ		
8:00	8:45	SALA 1					PILATES	
8:00	8:45	EXT 1	CARDIO TO					
8:00	8:45	BIKE			CYCLING			
8:00	8:45	PISC		WET GYM	WET TO	WET GYM		
9:00	10:30	OUT					MARXA NÒRDICA	
9:30	10:15	EXT 1	 BODY PUMP	BODY PUMP	BODY COMBAT	BODY PUMP	HARD TRAINING	AB + STRE 9:30 A 10:00
9:30	10:15	EXT 2	CYCLING		CYCLING	HIIT	BALLS LLATINS	
9:30	10:15	SALA 1		PILATES				
10:00	10:45	EXT 1						BODY PUMP
10:30	11:15	EXT 1	BODY PUMP	CARDIO TO	BODY PUMP	AB+STRE	CARDIO TO	
10:30	11:15	EXT 2	GAC	CYCLING	 CYCLING	CYCLING		
10:30	11:15	SALA 1					PILATES	
11:00	11:45	EXT 2						CYCLING
11:30	12:15	SALA 1	IOGA SUAU		IOGA SUAU			
11:30	12:15	EXT 1	AB + STRE	GIM SUAU	PILATES	GIM SUAU	STRETCHING	
12:15	13:00	PISC		WET GYM		WET GYM		
13:00	13:45	PISC		WET GYM		WET GYM	WET TO	
15:15	16:00	EXT 1	TONIFICACIÓ	CARDIO TO	BODY PUMP	PILATES	BODY COMBAT	
16:15	17:00	EXT 1	PILATES	BODY COMBAT	CARDIO TO	BODY PUMP		
17:30	18:15	SALA 1	JUST DANCE JUNIOR	JUST DANCE KIDS	JUST DANCE JUNIOR	JUST DANCE KIDS	PILATES	
17:30	18:15	EXT 1	GAC	HIIT	TONIFICACIO			
17:30	18:15	EXT 2				CYCLING		
18:25	19:10	EXT 1	BODY COMBAT	BODY PUMP	STEP	GAC	CARDIO TO	
18:25	19:10	EXT 2	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	
19:15	20:00	PISC	WET GYM	WET GYM	WET GYM	WET GYM		
19:20	20:05	SALA 1		STEP	PILATES			
19:20	20:05	EXT 1	CARDIO TO			BALLS LLATINS		
19:20	20:05	BIKE	HARD TRAINING				HARD TRAINING	
19:20	20:05	EXT 2		CYCLING	CYCLING	CYCLING		
19:20	20:05	PISC		WET HARD		WET HARD		
20:15	21:00	SALA 1		PILATES				
20:15	21:00	EXT 1			CARDIO TO	BODY PUMP		
20:15	21:00	BIKE	CYCLING				GAC	

ESPAIS EXTERIORS	
EXT 1	Zona de raqueta
EXT 2	Zona de parking
EXT 3	Zona de pati (Bike)
PISC	Piscina
OUT	Ruta

ESPAIS INTERIORS	
SALA 1	SALA PLANTA 1
BIKE	SALA BIKE
PISC	Piscina

TIPOLOGIA D'ACTIVITAT	
	Intensitat alta
	Intensitat mitjana
	Intensitat baixa
	Activitat coreografiada
	PISCINA FONDA
	PISCINA POC FONDA
	Activitat a l'aire lliure(ruta)
	Activitat infantil i junior
	Majors de 16 anys
**	Calendari escolar