

# PROGRAMA D'ACTIVITATS DIRIGIDES: Del 2 al 15 de Setembre de 2019

**MATI**

|       | DILLUNS   | DIMARTS   | DIMECRES  | DIJOUS  | DIVENDRES   | DISSABTE  | DIUMENGE  |
|-------|---|---|---|---|---|---|---|
| 6:00  |   | <b>CICLISME INDOOR VIRTUAL</b><br>06:15-07:00 SALA CICLISME     |   | <b>CICLISME INDOOR VIRTUAL</b><br>06:15-07:00 SALA CICLISME     |   |   |   |
| 7:00  | <b>BODYPUMP EXPRESS</b><br>07:00-07:45h SALA 1                  | <b>ZUMBA</b><br>07:00-07:45h SALA 1                             | <b>CICLISME INDOOR</b><br>07:00-07:45h SALA CICLISME            | <b>FITSENIOR</b><br>07:15-07:45h SALA2                          | <b>INDOOR WALKING VIRTUAL</b><br>07:00-07:30h SALA EL-LIPTIQUES |   |   |
|       |   |   |   |   | <b>PILATES</b><br>07:00-07:45h SALA1                            |   |   |
|       |   |   |   |   | <b>CICLISME INDOOR VIRTUAL</b><br>07:00-07:45 SALA CICLISME     |   |   |
| 8:00  | <b>AQUASALUS</b><br>08:00-08:45h PISC LÚDICA                    | <b>AQUASALUS</b><br>08:00-08:45h PISC LÚDICA                    | <b>AQUASALUS</b><br>08:00-08:45h PISC LÚDICA                    | <b>AQUASALUS</b><br>08:00-08:45h PISC LÚDICA                    | <b>AQUASALUS</b><br>08:00-08:45h PISC LÚDICA                    |   |   |
|       | <b>INDOOR WALKING</b><br>08:00-08:35h SALA EL-LIPTIQUES         | <b>BODYPUMP</b><br>08:00-09:00h SALA 1                          | <b>INDOOR WALKING VIRTUAL</b><br>08:00-08:35h SALA EL-LIPTIQUES | <b>CICLISME INDOOR VIRTUAL</b><br>08:00-08:45h SALA CICLISME    |   |   |   |
|       |   | <b>HIOPRESSIUS</b><br>08:00-08:30h SALA 2                       | <b>ZUMBA</b><br>08:00-08:45h SALA 1                             |   |   |   |   |
| 9:00  | <b>INDOOR WALKING VIRTUAL</b><br>09:00-09:35h SALA EL-LIPTIQUES | <b>INDOOR WALKING VIRTUAL</b><br>09:00-09:35h SALA EL-LIPTIQUES | <b>FITBALL PILATES</b><br>09:15-10:15h TATAMI                   | <b>INDOOR WALKING</b><br>09:00-09:30h SALA EL-LIPTIQUES         | <b>INDOOR WALKING VIRTUAL</b><br>09:00-09:35h SALA EL-LIPTIQUES | <b>INDOOR WALKING VIRTUAL</b><br>09:00-09:35h SALA EL-LIPTIQUES | <b>CICLISME INDOOR VIRTUAL</b><br>09:00-09:45h SALA CICLISME    |
|       | <b>ZUMBA</b><br>09:15-10:00h SALA 1                             | <b>TBC</b><br>09:15- 10:00h SALA 1                              | <b>CX</b><br>09:30-10:00h SALA 1                                | <b>HATA IOGA</b><br>09:00-10:15h SALA 2                         | <b>BODYPUMP</b><br>09:15-10:15h SALA 1                          |   |   |
|       | <b>CICLISME INDOOR</b><br>09:15-10:00h SALA CICLISME            | <b>AQUAGYM</b><br>09:15-10:00h PISC 50                          | <b>CICLISME INDOOR VIRTUAL</b><br>09:30-10:15h SALA CICLISME    | <b>AQUAGYM</b><br>09:15-10:00h PISC 50                          | <b>CICLISME INDOOR</b><br>09:15-10:00h SALA CICLISME            |   |   |
|       | <b>PILATES</b><br>09:15-10:15h SALA 2                           | <b>PILATES</b><br>09:15-10:15h SALA 2                           |   | <b>BODYCOMBAT</b><br>09:15-10:15h SALA 1                        |   |   |   |
|       |   | <b>CICLISME INDOOR</b><br>09:30-10:15h SALA CICLISME            |   | <b>CICLISME INDOOR VIRTUAL</b><br>09:30-10:15h SALA CICLISME    |   |   |   |
| 10:00 | <b>BODYPUMP</b><br>10:15-11:15h SALA 1                          | <b>PRE PART TONIFICACIÓ</b><br>10:15-11:00h TATAMI              | <b>TBC</b><br>10:15-11:00h SALA 1                               | <b>INDOOR WALKING VIRTUAL</b><br>10:00-10:35h SALA EL-LIPTIQUES | <b>INDOOR WALKING VIRTUAL</b><br>10:30-11:05h SALA EL-LIPTIQUES |   |   |
|       | <b>HIOPRESSIUS</b><br>10:30-11:00h TATAMI                       | <b>AQUASENIOR</b><br>10:15-11:00h PISC 50                       | <b>INDOOR WALKING</b><br>10:30-11:00h SALA EL-LIPTIQUES         | <b>PREPART ESTIRAMENTS</b><br>10:15-11:00h TATAMI               | <b>AQUASALUS</b><br>10:30-11:15h PISC LÚDICA                    |   |   |
|       | <b>INDOOR WALKING VIRTUAL</b><br>10:30-11:05h SALA EL-LIPTIQUES | <b>GYM POSTURAL</b><br>10:30-11:15h SALA 1                      | <b>HIOPRESSIUS</b><br>10:30-11:00h TATAMI                       | <b>AQUASENIOR</b><br>10:15-11:00h PISC 50                       | <b>ESTIRAMENTS</b><br>10:30-11:15h SALA 1                       |   |   |
|       | <b>IOGA</b><br>10:45-12:00h SALA2                               |   |   | <b>GYM POSTURAL</b><br>10:30-11:15h SALA 1                      |   |   |   |
| 11:00 | <b>CICLISME INDOOR VIRTUAL</b><br>11:00-11:45h SALA CICLISME    | <b>CICLISME INDOOR VIRTUAL</b><br>11:15-12:00h SALA CICLISME    | <b>CICLISME INDOOR VIRTUAL</b><br>11:00-11:45h SALA CICLISME    | <b>CICLISME INDOOR VIRTUAL</b><br>11:15-12:00h SALA CICLISME    | <b>CICLISME INDOOR VIRTUAL</b><br>11:00-11:45h SALA CICLISME    |   |   |
|       | <b>FITSENIOR</b><br>11:30-12:15h SALA 1                         | <b>POSTPART TONIFICACIÓ</b><br>11:15-12:00h TATAMI              | <b>HIOPRESSIUS POSTPART</b><br>11:15-11:45h TATAMI              | <b>POSTPART ESTIRAMENTS</b><br>11:15-12:00h TATAMI              | <b>FITSENIOR</b><br>11:30-12:15 SALA 1                          |   |   |
|       |   |   | <b>FITSENIOR</b><br>11:30-12:15h SALA 1                         |   |   |   |   |
| 12:00 | <b>AQUASALUS</b><br>12:00-12:45h PISC LÚDICA                    | <b>INDOOR WALKING VIRTUAL</b><br>12:00-12:35h SALA EL-LIPTIQUES | <b>AQUASALUS</b><br>12:00-12:45h PISC LÚDICA                    | <b>INDOOR WALKING VIRTUAL</b><br>12:00-12:35h SALA EL-LIPTIQUES | <b>AQUASALUS</b><br>12:00-12:45h PISC LÚDICA                    | <b>CICLISME INDOOR VIRTUAL</b><br>12:30-13:15 SALA CICLISME     | <b>CICLISME INDOOR VIRTUAL</b><br>12:30-13:15 SALA CICLISME     |
|       |   | <b>CICLISME INDOOR VIRTUAL</b><br>12:30-13:15h SALA CICLISME    | <b>INDOOR WALKING VIRTUAL</b><br>12:00-12:35h SALA EL-LIPTIQUES |   | <b>INDOOR WALKING VIRTUAL</b><br>12:00-12:35h SALA EL-LIPTIQUES |   |   |
|       |   |   | <b>CICLISME INDOOR VIRTUAL</b><br>12:00-12:45h SALA CICLISME    |   |   |   |   |
| 13:00 | <b>CICLISME INDOOR VIRTUAL</b><br>13:30-14:15h SALA CICLISME    |   |   |   | <b>CICLISME INDOOR VIRTUAL</b><br>13:30-14:15h SALA CICLISME    | <b>CICLISME INDOOR VIRTUAL</b><br>13:30-14:15h SALA CICLISME    | <b>INDOOR WALKING VIRTUAL</b><br>13:30-14:05h SALA EL-LIPTIQUES |



## PROGRAMA D'ACTIVITATS DIRIGIDES: Del 2 al 15 de Setembre de 2019

TARDA

|       | DILLUNS   | DIMARTS   | DIMECRES  | DIJOUS   | DIVENDRES   | DISSABTE  | DIUMENGE |
|-------|---|---|---|--|---|---|----------|
| 14:00 |   | <b>CICLISME INDOOR</b><br>14:30-15:15h SALA CICLISME            |   | <b>CICLISME INDOOR VIRTUAL</b><br>14:30-15:15h SALA CICLISME |   |   |          |
| 15:00 | <b>BODYPUMP</b><br>15:15-16:15h SALA 1                          | <b>HIOPRESSIUS</b><br>15:15-15:45h SALA 2                       | <b>TBC</b><br>15:15-16:00h SALA 1                               | <b>CX</b><br>15:15-15:45h SALA 1                             | <b>FITBALL PILATES</b><br>15:15-16:15h TATAMI           |   |          |
|       | <b>CIRCUIT AQUATIC</b><br>15:30-16:00h PISC LÚDICA              |   | <b>CIRCUIT AQUATIC</b><br>15:30-16:00h PISC LÚDICA              | <b>ESTIRAMENTS</b><br>15:30-16:15h SALA 2                    | <b>HIOPRESSIUS</b><br>15:30-16:00h SALA 2               |   |          |
|       | <b>CICLISME INDOOR</b><br>15:30-16:15h SALA CICLISME            |   | <b>FIT SENIOR</b><br>15:30-16:15h SALA 2                        |  |   |   |          |
|       |   |   | <b>CICLISME INDOOR</b><br>15:30-16:15h SALA CICLISME            |  |   |   |          |
| 16:00 |   | <b>ESTIRAMENTS</b><br>16:00-16:45h SALA 2                       | <b>GAC</b><br>16:15-17:00h SALA 1                               | <b>BODYPUMP</b><br>16:00-17:00h SALA 1                       | <b>ESTIRAMENTS</b><br>16:30-17:15h SALA 2               |   |          |
|       |   | <b>TBC EXPRÉS</b><br>16:15-16:45h SALA 1                        |   |  |   |   |          |
| 17:00 | <b>GAC EXPRÉS</b><br>17:15-17:45h SALA 1                        | <b>BODYPUMP</b><br>17:00-18:00h SALA 1                          | <b>INDOOR WALKING</b><br>17:00-17:45h SALA EL-LIPTIQUES         | <b>CICLISME INDOOR VIRTUAL</b><br>17:30-18:15h SALA CICLISME | <b>INDOOR WALKING</b><br>17:00-17:45h SALA EL-LIPTIQUES | <b>INDOOR WALKING VIRTUAL</b><br>17:30-18:05h SALA EL-LIPTIQUES |          |
|       | <b>HIOPRESSIUS</b><br>17:15-17:45h SALA 2                       | <b>PILATES</b><br>17:00-18:00h SALA 2                           | <b>HIOPRESSIUS</b><br>17:15-17:45h SALA 2                       |  |   |   |          |
|       | <b>INDOOR WALKING VIRTUAL</b><br>17:30-18:05h SALA EL-LIPTIQUES | <b>CICLISME INDOOR VIRTUAL</b><br>17:30-18:15h SALA CICLISME    |   |  |   |   |          |
| 18:00 | <b>CICLISME INDOOR</b><br>18:30-19:15h SALA CICLISME            | <b>INDOOR WALKING VIRTUAL</b><br>18:00-18:45h SALA EL-LIPTIQUES | <b>GYM POSTURAL</b><br>18:00-18:45h SALA 2                      | <b>INDOOR WALKING</b><br>18:00-18:45h SALA EL-LIPTIQUES      | <b>TBC</b><br>18:00-18:45h SALA 1                       | <b>CICLISME INDOOR VIRTUAL</b><br>18:30-19:15h SALA CICLISME    |          |
|       |   | <b>CX</b><br>18:15-18:45h SALA 1                                | <b>BODYPUMP</b><br>18:15-19:15h SALA 1                          | <b>GAC EXPRÉS</b><br>18:15-18:45h SALA 1                     | <b>GYM POSTURAL</b><br>18:00-18:45h SALA 2              |   |          |
|       |   |   |   | <b>HATA IOGA</b><br>18:15-19:30 SALA 2                       |   |   |          |
|       |   | <b>CICLISME INDOOR</b><br>18:30-19:15h SALA CICLISME            | <b>CICLISME INDOOR</b><br>18:30-19:15h SALA CICLISME            | <b>CICLISME INDOOR</b><br>18:30-19:15h SALA CICLISME         | <b>CICLISME INDOOR</b><br>18:30-19:15h SALA CICLISME    |   |          |
| 19:00 | <b>BODYPUMP</b><br>19:00-20:00h SALA 1                          | <b>TBC</b><br>19:00-19:45h SALA 1                               | <b>INDOOR WALKING VIRTUAL</b><br>19:00-19:45h SALA EL-LIPTIQUES | <b>BODYCOMBAT</b><br>19:00-20:00h SALA 1                     | <b>CICLISME INDOOR</b><br>19:30-20:15h SALA CICLISME    | <b>CICLISME INDOOR VIRTUAL</b><br>19:30-20:15h SALA CICLISME    |          |
|       | <b>INDOOR WALKING</b><br>19:00-19:35h SALA EL-LIPTIQUES         | <b>CICLISME INDOOR</b><br>19:30-20:15h SALA CICLISME            | <b>CX</b><br>19:30-20:00h SALA 1                                | <b>CICLISME INDOOR</b><br>19:30-20:15h SALA CICLISME         |   |   |          |
|       | <b>CICLISME INDOOR</b><br>19:30-20:15h SALA CICLISME            |   | <b>CICLISME INDOOR</b><br>19:30-20:15h SALA CICLISME            |  |   |   |          |
| 20:00 | <b>AQUAGYM</b><br>20:15-21:00h PISC 50                          | <b>INTERVAL TRAINING</b><br>20:00-20:45h SALA 1                 | <b>AQUASALUS</b><br>20:15-21:00h PISC LÚDICA                    | <b>BODYPUMP</b><br>20:15-21:15h SALA 1                       | <b>AQUAGYM</b><br>20:15-21:00h PISC 50                  |   |          |
|       | <b>BODYCOMBAT</b><br>20:15-21:15h SALA 1                        | <b>INDOOR WALKING</b><br>20:00-20:45h SALA EL-LIPTIQUES         | <b>CICLISME INDOOR</b><br>20:30-21:15h SALA CICLISME            | <b>AQUASALUS</b><br>20:15-21:00h PISC LÚDICA                 |   |   |          |
|       | <b>CICLISME INDOOR</b><br>20:30-21:15h SALA CICLISME            | <b>AQUASALUS</b><br>20:15-21:00h PISC LÚDICA                    |   | <b>CICLISME INDOOR VIRTUAL</b><br>20:30-21:15h SALA CICLISME |   |   |          |
|       |   | <b>CICLISME INDOOR VIRTUAL</b><br>20:30-21:15h SALA CICLISME    |   |  |   |   |          |
| 21:00 | <b>CICLISME INDOOR VIRTUAL</b><br>21:30-22:15h SALA CICLISME    |   | <b>CICLISME INDOOR VIRTUAL</b><br>21:30-22:15h SALA CICLISME    | <b>TANGO ARGENTÍ</b><br>21:30-22:30h SALA 1                  |   |   |          |