

# ACTIVITATS DIRIGIDES CEM COTXERES BORBÓ

Vigència: A PARTIR DEL 2 DE SETEMBRE DEL 2019



| Inici       | Final | Espai | DILLUNS           | DIMARTS            | DIMECRES           | DIJOUS             | DIVENDRES          | DISSABTE          | DIUMENGE          |
|-------------|-------|-------|-------------------|--------------------|--------------------|--------------------|--------------------|-------------------|-------------------|
| <b>MATÍ</b> |       |       |                   |                    |                    |                    |                    |                   |                   |
| 07.10       | 07.50 | S2    | PILATES 40'       | ESQUEUENA SANA 40' |                    |                    | IOGA 40'           |                   |                   |
| 07.10       | 08.00 | S3    |                   | BODY COMBAT        |                    | BODY PUMP          |                    |                   |                   |
| 07.10       | 07.50 | P     |                   |                    | AIGUA MIX Petita   | AIGUA MIX Petita   |                    |                   |                   |
| 07.15       | 08.00 | SC    | CYCLING           | CYCLING VIRTUAL    | CYCLING            | CYCLING VIRTUAL    | CYCLING            |                   |                   |
| 08.05       | 08.20 | SF    |                   | ABDOMINALS 15' **  | DST 15' **         | RADIKAL 20' **     | ABDOMINALS 15' **  |                   |                   |
| 08.05       | 08.50 | P     | AIGUA MIX Gran    | AIGUA MIX Petita   | AIGUA MIX Gran     | AIGUA MIX Gran     |                    |                   |                   |
| 08.05       | 08.55 | S3    |                   | PILATES            | TONIFICACIÓ        | ESQUEUENA SANA     |                    |                   |                   |
| 08.15       | 09.00 | SC    | CYCLING VIRTUAL   | CYCLING VIRTUAL    | CYCLING VIRTUAL    | CYCLING VIRTUAL    | CYCLING VIRTUAL    | CYCLING VIRTUAL   |                   |
| 08.30       | 08.50 | SF    |                   |                    |                    |                    | TREADMILL WORKOUT  |                   |                   |
| 09.00       | 09.20 | SF    | ABDOMINALS 15' ** | ESTIRAMENTS 15' ** | ABDOMINALS 15' **  | GAC 15' **         | ESTIRAMENTS 15' ** |                   |                   |
| 09.00       | 09.45 | P     | AIGUA MIX Petita  | AIGUA MIX Petita   | AIGUA MIX Gran     | AIGUA CTC Gran     | AIGUA MIX Petita   |                   |                   |
| 09.00       | 09.50 | S3    | CTC               | GLAMDANCE          | TONIFICACIÓ        | ZUMBA              | ESQUEUENA SANA     | BODY COMBAT       |                   |
| 09.00       | 09.50 | S2    |                   | EST.HOLISTICS      |                    | EST.HOLISTICS      |                    |                   |                   |
| 09.15       | 10.05 | S2    |                   |                    | BODY COMBAT        |                    | BODY PUMP          |                   |                   |
| 09.30       | 10.15 | SC    | CYCLING           | CYCLING            | CYCLING            | CYCLING            | CYCLING            | CYCLING VIRTUAL   | CYCLING VIRTUAL   |
| 10.00       | 10.50 | S2    |                   |                    |                    |                    |                    | STEP              |                   |
| 10.00       | 10.50 | S3    | ZUMBA             | ESQUEUENA SANA     | GLAMDANCE          | ESQUEUENA SANA     | ZUMBA II           | BODY PUMP         |                   |
| 10.05       | 10.55 | S1    | IOGA              |                    | IOGA               |                    |                    |                   |                   |
| 10.15       | 10.35 | SF    | FREE FIT 20' **   | ABDOMINALS 15' **  | RADIKAL 20' **     | ESTIRAMENTS 15' ** | GAC 15' **         | DBX 20' **        | ABDOMINALS 15' ** |
| 10.15       | 11.00 | P     |                   | AIGUA MIX Gran     |                    | AIGUA MIX Gran     |                    |                   |                   |
| 10.15       | 11.05 | S2    | GAC 50'           | PILATES            | BODY PUMP          | BODY COMBAT        | TONIFICACIÓ        |                   |                   |
| 10.30       | 11.00 | S1    |                   |                    |                    | MEDITACIÓ          |                    |                   |                   |
| 10.30       | 11.15 | P     | AIGUA MIX Gran    |                    | AIGUA MIX Gran     |                    | AIGUA MIX Gran     |                   |                   |
| 10.30       | 11.15 | SC    | CYCLING VIRTUAL   | CYCLING VIRTUAL    | CYCLING            | CYCLING VIRTUAL    | CYCLING VIRTUAL    | CYCLING VIRTUAL   | CYCLING VIRTUAL   |
| 10.30       | 11.15 | SF    |                   | DUET WALKING 45'   |                    | DUET WALKING 45'   |                    |                   |                   |
| 10.45       | 11.15 | S2    |                   |                    |                    |                    |                    |                   | HIIT STRONG 30'   |
| 11.00       | 11.45 | SF    |                   |                    |                    |                    |                    | DUET WALKING 45'  |                   |
| 11.00       | 11.50 | S3    | ESQUEUENA SANA    | ZUMBA              | ESQUEUENA SANA     | OIGONG             | EST.HOLISTICS      | ZUMBA             |                   |
| 11.05       | 11.55 | S1    |                   | EST.HOLISTICS      | PILATES            |                    |                    |                   |                   |
| 11.15       | 11.35 | SF    | RADIKAL 20' **    | DST 15' **         | ESTIRAMENTS 15' ** | ABDOMINALS 15' **  | FREE FIT 20' **    | ABDOMINALS 15' ** | RADIKAL 20' **    |
| 11.15       | 12.05 | S2    | PILATES           | CTC                | GAC 50'            | PILATES            | PILATES II         |                   |                   |
| 11.30       | 12.15 | P     | AIGUA MIX Gran    | AIGUA MIX Gran     | AIGUA MIX Petita   | AIGUA MIX Petita   | AIGUA SALUT Petita |                   |                   |
| 11.30       | 12.15 | SC    |                   |                    |                    |                    |                    | CYCLING           |                   |
| 11.30       | 12.20 | S3    |                   |                    |                    |                    |                    |                   | BODY PUMP         |
| 12.00       | 12.45 | P     |                   |                    |                    |                    |                    | AIGUA MIX Gran    |                   |
| 12.05       | 13.05 | S1    | IOGA              |                    |                    |                    |                    |                   |                   |
| 12.10       | 13.00 | S3    | PILATES INICIACIÓ | ESQUEUENA SANA     | IOGA               | TAI-TXI            | IOGA               | ESQUEUENA SANA    |                   |
| 12.15       | 13.05 | S2    |                   | TAI-TXI            |                    |                    |                    |                   |                   |
| 12.15       | 12.35 | SF    | DST 15' **        | ABDOMINALS 15' **  |                    | RADIKAL 20' **     | ABDOMINALS 15' **  |                   |                   |
| 12.30       | 13.15 | SC    | CYCLING VIRTUAL   | CYCLING VIRTUAL    |                    |                    | CYCLING VIRTUAL    | CYCLING           | CYCLING VIRTUAL   |
| 12.30       | 13.00 | SF    |                   |                    |                    |                    |                    | FREE FIT 20' **   | GAC 15' **        |
| 12.30       | 13.15 | P     |                   | AIGUA CTC Petita   |                    |                    |                    |                   |                   |
| 12.30       | 13.20 | S3    |                   |                    |                    |                    |                    |                   | ZUMBA             |
| 13.05       | 13.35 | S1    | MEDITACIÓ 30'     |                    |                    |                    |                    |                   |                   |
| 13.05       | 13.35 | S2    |                   | MEDITACIÓ 30'      |                    |                    |                    |                   |                   |

|               |       |    |                 |                   |                    |                   |                   |                    |  |
|---------------|-------|----|-----------------|-------------------|--------------------|-------------------|-------------------|--------------------|--|
| <b>MIGDIA</b> |       |    |                 |                   |                    |                   |                   |                    |  |
| 13.15         | 14.00 | SC | CYCLING VIRTUAL | CYCLING VIRTUAL   | CYCLING VIRTUAL    | CYCLING VIRTUAL   | CYCLING VIRTUAL   |                    |  |
| 13.30         | 13.45 | SF | DST 15' **      | ABDOMINALS 15' ** | RADIKAL 20' **     | ABDOMINALS 15' ** | DBX 20' **        | ESTIRAMENTS 15' ** |  |
| 14.15         | 15.00 | SC | CYCLING VIRTUAL | CYCLING           | CYCLING VIRTUAL    | CYCLING           | CYCLING VIRTUAL   | CYCLING VIRTUAL    |  |
| 14.15         | 15.05 | SF |                 |                   |                    | WARRIORS          |                   |                    |  |
| 14.15         | 15.05 | S2 | BODY PUMP       | IOGA              | BODY PUMP          | IOGA              |                   |                    |  |
| 14.15         | 15.05 | S3 | ZUMBA           | BODY COMBAT       | ZUMBA              | ZUMBA             | TONIFICACIÓ       |                    |  |
| 14.30         | 14.50 | SF | FREE FIT 20' ** | GAC 15' **        | ESTIRAMENTS 15' ** |                   | ABDOMINALS 15' ** | RADIKAL 20' **     |  |

|              |       |    |                    |                   |                    |                    |                    |                   |  |
|--------------|-------|----|--------------------|-------------------|--------------------|--------------------|--------------------|-------------------|--|
| <b>TARDA</b> |       |    |                    |                   |                    |                    |                    |                   |  |
| 15.00        | 15.15 | SF | ABDOMINALS 15' **  | DBX 20' **        | DST 15' **         |                    |                    |                   |  |
| 15.15        | 16.00 | P  |                    | AIGUA MIX Petita  | AIGUA MIX Petita   | AIGUA MIX Petita   | AIGUA MIX Petita   |                   |  |
| 15.15        | 16.00 | SC | CYCLING            | CYCLING           | CYCLING            | CYCLING VIRTUAL    | CYCLING            | CYCLING VIRTUAL   |  |
| 15.15        | 16.00 | S3 | TONIFICACIÓ 45'    | HIIT STRONG 45'   | PILATES II 45'     | GAC 45'            |                    |                   |  |
| 15.30        | 15.50 | SF |                    |                   |                    | FREE FIT 20' **    | GAC 15' **         | DST 15' **        |  |
| 16.00        | 16.50 | S3 | BODY COMBAT        | PILATES           | TONIFICACIÓ        | ZUMBA              |                    |                   |  |
| 16.15        | 17.00 | SC | CYCLING VIRTUAL    | CYCLING VIRTUAL   | CYCLING VIRTUAL    | CYCLING VIRTUAL    | CYCLING VIRTUAL    | CYCLING VIRTUAL   |  |
| 16.30        | 16.50 | SF | GAC 15' **         | FREE FIT 20' **   | DBX 20' **         | ABDOMINALS 15' **  | DBX 20' **         | GAC 15' **        |  |
| 17.00        | 17.20 | SF |                    | ABDOMINALS 15' ** |                    | RADIKAL 20' **     |                    | FREE FIT 20' **   |  |
| 17.00        | 17.50 | S2 | ESQUEUENA SANA     |                   |                    |                    |                    |                   |  |
| 17.00        | 17.50 | S3 | TONIFICACIÓ        | CTC               | PILATES            | IOGA               | BODY COMBAT        |                   |  |
| 17.10        | 18.00 | S1 |                    | OIGONG            |                    | EST.HOLISTICS      |                    |                   |  |
| 17.20        | 17.50 | SF | RADIKAL 20' **     |                   | RADIKAL 20' **     |                    | ABDOMINALS 15' **  |                   |  |
| 18.00        | 18.20 | SF |                    | ABDOMINALS 15' ** | DST 15' **         | ESTIRAMENTS 15' ** |                    | ABDOMINALS 15' ** |  |
| 18.00        | 18.50 | S3 | PILATES II         | BODY PUMP         | ZUMBA              | BODY COMBAT        | TONIFICACIÓ        |                   |  |
| 18.10        | 19.00 | S1 |                    | TAI-TXI           | IOGA               | TAI-TXI            | PILATES            |                   |  |
| 18.15        | 19.00 | SF |                    |                   |                    | DUET WALKING 45'   |                    |                   |  |
| 18.15        | 19.00 | SC | CYCLING            | CYCLING           | CYCLING            | CYCLING VIRTUAL    | CYCLING            |                   |  |
| 18.15        | 19.05 | S2 | GAC 50'            | HIIT STRONG       | ESQUEUENA SANA     | BODY PUMP          |                    |                   |  |
| 18.20        | 18.40 | SF | DST 15' **         |                   |                    |                    | FREE FIT 20' **    |                   |  |
| 19.00        | 19.20 | SF | ABDOMINALS 15' **  | DST 15' **        | ESTIRAMENTS 15' ** | GAC 15' **         | ABDOMINALS 15' **  | DBX 20' **        |  |
| 19.00        | 19.50 | S3 | ZUMBA              | TONIFICACIÓ       | AEROBIC            | STEP               | ZUMBA              |                   |  |
| 19.10        | 20.00 | S1 | IOGA               | ESQUEUENA SANA    | PILATES II         | IOGA               |                    |                   |  |
| 19.15        | 20.00 | P  | AIGUA MIX Petita   | AIGUA MIX Petita  | AIGUA MIX Petita   | AIGUA MIX Petita   |                    |                   |  |
| 19.15        | 19.45 | S2 |                    |                   |                    | HIIT STRONG 30'    |                    |                   |  |
| 19.15        | 20.00 | SC | CYCLING            | CYCLING           | CYCLING            | CYCLING            | CYCLING            |                   |  |
| 19.15        | 20.05 | SF | WARRIORS           |                   |                    |                    |                    |                   |  |
| 19.15        | 20.05 | S2 | BODY PUMP          | BODY COMBAT       | GAC 50'            |                    | AEROBIC            |                   |  |
| 19.15        | 20.15 | DU | RUNNERS            |                   | RUNNERS            |                    |                    |                   |  |
| 19.55        | 20.10 | S3 | ABDOMINALS 15'     | ABDOMINALS 15'    | ABDOMINALS 15'     | ABDOMINALS 15'     |                    |                   |  |
| 20.15        | 20.35 | SF | DBX 20' **         |                   |                    | RADIKAL 20' **     |                    | DST 15' **        |  |
| 20.15        | 21.00 | P  | AIGUA MIX Petita   | AIGUA MIX Petita  | AIGUA MIX Petita   | AIGUA MIX Petita   |                    |                   |  |
| 20.15        | 21.00 | SC | CYCLING            | CYCLING           | CYCLING            |                    |                    |                   |  |
| 20.15        | 21.05 | SF |                    | WARRIORS          |                    | WARRIORS           |                    |                   |  |
| 20.15        | 21.05 | S1 | PILATES II         | MEDITACIÓ 30'     | IOGA               | PILATES            |                    |                   |  |
| 20.15        | 21.05 | S2 |                    | STEP              | TONIFICACIÓ        | CTC                | ESQUEUENA SANA     |                   |  |
| 20.15        | 21.05 | S3 | TONIFICACIÓ        | ZUMBA             | BODY COMBAT        | ZUMBA              | BODY PUMP          |                   |  |
| 20.30        | 21.30 | P  | SWIMMING           |                   | SWIMMING           |                    |                    |                   |  |
| 21.15        | 21.35 | SF | ESTIRAMENTS 15' ** | RADIKAL 20' **    | ABDOMINALS 15' **  | FREE FIT 20' **    | ESTIRAMENTS 15' ** |                   |  |
| 21.15        | 22.00 | SC |                    | CYCLING VIRTUAL   |                    | CYCLING VIRTUAL    |                    |                   |  |
| 21.15        | 22.05 | S2 | ESQUEUENA SANA     |                   | PILATES            | IOGA               |                    |                   |  |
| 21.15        | 22.05 | S3 | HIIT STRONG 30'    | BODY PUMP         | ZUMBA              | BODY PUMP          |                    |                   |  |



FSPAIS

S1 SAI A 1  
S2 SALA 2

SC SAI A CYCLING  
P PISCINA

S3 SAI A 3  
DU EXTERIOR

SF SAI A FITNESS