



INFORMACIÓ MODIFICACIONS ACTIVITATS DIRIGIDES

Els informem que les activitats que s'han modificat d'hora a causa del toc de queda, tornaran al seu horari habitual en quant aquest finalitzi.

Moltes gràcies i disculpeu les molèsties.





| Inici | Final | Espai | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|----------------|-------|---------|------------------|------------------|------------------|------------------|------------------|-----------------|-----------------|
| M A T Í | | | | | | | | | |
| 07.15 | 08.00 | P | AIGUA MIX Petita | | AIGUA MIX Gran | | AIGUA MIX Petita | | |
| 07.15 | 08.00 | S2 | | ESQUEUENA SANA | | | | | |
| 07.15 | 08.00 | S3 | | BODY COMBAT | | BODY PUMP | IOGA | | |
| 07.15 | 08.00 | SC | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 08.00 | 08.45 | S3 | | | TONIFICACIO | | | | |
| 08.15 | 09.00 | S1 | | PILATES | | | | | |
| 08.15 | 09.00 | S2 | | | | | ESQUEUENA SANA | | |
| 08.15 | 09.00 | SC | | | | | | | |
| 08.15 | 09.00 | P | | AIGUA MIX Gran | | AIGUA MIX Petita | | | |
| 08.30 | 09.15 | SC | | | | | | CYCLING VIRTUAL | |
| 09.00 | 09.45 | PAVELLO | | | GYM D'OR TONO | | | | |
| 09.00 | 09.45 | S3 | | | | | | BODY PUMP | |
| 09.00 | 09.45 | SC | CYCLING | | CYCLING | | CYCLING | | |
| 09.15 | 10.00 | PAVELLO | GYM D'OR CTC | | | | | | |
| 09.15 | 10.00 | S1 | | | | EST.HOLISTICS | | | |
| 09.15 | 10.00 | S2 | BODY PUMP | ESQUEUENA SANA | | | | | |
| 09.15 | 10.00 | S3 | | GLAMDANCE | BODY COMBAT | ZUMBA | BODY PUMP | | |
| 09.15 | 10.00 | P | AIGUA MIX Petita | | AIGUA MIX Gran | | AIGUA MIX Gran | | |
| 09.30 | 10.15 | SC | | CYCLING | | CYCLING | | | CYCLING VIRTUAL |
| 10.00 | 10.15 | SF | ABDOMINALS 15 | | ABDOMINALS 15 | | ABDOMINALS 15 | ABDOMINALS 15 | |
| 10.00 | 10.45 | S2 | | | PILATES | | | | |
| 10.00 | 10.45 | S3 | | | | | | ZUMBA | |
| 10.00 | 10.45 | SC | | | | | | CYCLING VIRTUAL | |
| 10.15 | 11.00 | S1 | IOGA | PILATES | IOGA | | | | |
| 10.15 | 11.00 | S2 | | | | BODY COMBAT | | | |
| 10.15 | 11.00 | S3 | ZUMBA | ZUMBA | BODY PUMP | ESQUEUENA SANA | ZUMBA | | |
| 10.15 | 11.00 | P | AIGUA MIX Gran | | AIGUA MIX petita | | | | |
| 10.30 | 11.15 | S2 | GAC | | | | | | |
| 10.30 | 10.45 | SF | | ABDOMINALS 15 | | ABDOMINALS 15 | | | |
| 10.30 | 11.15 | SC | CYCLING VIRTUAL | | CYCLING VIRTUAL | | | | CYCLING VIRTUAL |
| 10.30 | 11.15 | P | | | | AIGUA MIX Gran | | | |
| 10.45 | 11.00 | SF | | | | | | ABDOMINALS 15 | |
| 11.00 | 11.15 | SF | ABDOMINALS 15 | | ABDOMINALS 15 | | ABDOMINALS 15 | | |
| 11.00 | 11.45 | S2 | | IOGA | | | | | |
| 11.00 | 11.45 | S3 | | | | | | ESQUEUENA SANA | |
| 11.00 | 11.45 | SC | | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 11.15 | 12.00 | S1 | PILATES | | EST.HOLISTICS | | | | |
| 11.15 | 12.00 | S2 | | | GAC | PILATES | | | |
| 11.15 | 12.00 | S3 | ESQUEUENA SANA | | ESQUEUENA SANA | | | | |
| 11.15 | 12.00 | P | | AIGUA MIX Gran | | | | | |
| 11.30 | 12.15 | SC | | | | | | CYCLING VIRTUAL | CYCLING VIRTUAL |
| 11.45 | 12.30 | S3 | | | | | EST.HOLISTICS | | |
| 12.00 | 12.45 | S3 | | | | | | BODY COMBAT | |
| 12.00 | 12.45 | SC | CYCLING VIRTUAL | | CYCLING VIRTUAL | | | | |
| 12.15 | 13.00 | S3 | | EST.HOLISTICS | IOGA | | | | |
| 12.15 | 12.30 | SF | | ABDOMINALS 15 | | ABDOMINALS 15 | | | |
| 13.00 | 13.45 | P | | | | | | AIGUA MIX Gran | |
| 12.30 | 13.15 | S1 | | | | | IOGA | | |
| 12.30 | 13.15 | SC | | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | CYCLING VIRTUAL |
| 13.00 | 13.45 | SC | CYCLING VIRTUAL | | CYCLING VIRTUAL | | | CYCLING VIRTUAL | |
| MIGDIA | | | | | | | | | |
| 14.00 | 14.45 | SC | CYCLING VIRTUAL | | CYCLING VIRTUAL | | CYCLING VIRTUAL | | |
| 14.15 | 15.00 | S1 | | IOGA | | | | | |
| 14.15 | 15.00 | S2 | ZUMBA | | ZUMBA | | | | |
| 14.15 | 15.00 | S3 | BODY PUMP | BODY COMBAT | BODY PUMP | | TONIFICACIO | | |
| 14.15 | 15.00 | SC | | CYCLING | | CYCLING | | CYCLING VIRTUAL | |
| TARDA | | | | | | | | | |
| 15.00 | 15.15 | SF | ABDOMINALS 15 | ABDOMINALS 15 | ABDOMINALS 15 | ABDOMINALS 15 | ABDOMINALS 15 | | |
| 15.15 | 16.00 | SC | CYCLING | CYCLING VIRTUAL | | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 15.15 | 16.00 | P | AIGUA MIX Petita | | AIGUA MIX Petita | | AIGUA MIX Petita | | |
| 15.15 | 16.00 | S1 | | | PILATES | | | | |
| 15.15 | 16.00 | S3 | | TONIFICACIO | | GAC | | | |
| 16.00 | 16.15 | SF | ABDOMINALS 15 | | ABDOMINALS 15 | | ABDOMINALS 15 | | |
| 16.00 | 16.45 | SC | | | | | | CYCLING VIRTUAL | |
| 16.15 | 17.00 | S2 | BODY COMBAT | | | | | | |
| 16.15 | 17.00 | S3 | | | | ZUMBA | | | |
| 16.30 | 17.15 | SC | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | CYCLING VIRTUAL | | |
| 17.00 | 17.45 | S3 | TONIFICACIO | GAC | | | ESQUEUENA SANA | | |
| 17.15 | 18.00 | S1 | | | IOGA | | | | |
| 17.30 | 18.15 | SC | | CYCLING JUNIOR | | | | | |
| 17.30 | 18.15 | S1 | ESQUEUENA SANA | | | ZUMBA KIDS | | | |
| 17.30 | 18.15 | S2 | | | | | RADIKAL KIDS | | |
| 17.45 | 18.30 | SC | | | | CYCLING VIRTUAL | | | |
| 18.00 | 18.45 | S1 | | | | | PILATES | | |
| 18.00 | 18.45 | S2 | | | | BODY COMBAT | | | |
| 18.00 | 18.45 | S3 | GAC | | | BODY PUMP | BODY COMBAT | | |
| 18.00 | 18.45 | PAVELLO | | | ZUMBA | | | | |
| 18.15 | 19.00 | S3 | | | ESQUEUENA SANA | | | | |
| 18.15 | 19.00 | S1 | | | | | | | |
| 18.15 | 19.00 | S2 | | PILATES | PILATES | PILATES | | | |
| 18.30 | 19.15 | S1 | IOGA | | | | | | |
| 18.30 | 19.15 | S2 | | | | | BODY PUMP | | |
| 18.30 | 19.15 | SC | CYCLING | | CYCLING | | | | |
| 18.30 | 19.15 | S3 | | BODY COMBAT | | | | | |
| 19.00 | 19.45 | S2 | BODY PUMP | | | | | | |
| 19.00 | 19.45 | S3 | | | | STEP | | | |
| 19.00 | 19.45 | PAVELLO | ZUMBA | | | | | | |
| 19.15 | 20.00 | S1 | | | IOGA | IOGA | | | |
| 19.15 | 20.00 | P | AIGUA MIX Petita | AIGUA MIX Petita | AIGUA MIX Petita | AIGUA MIX Petita | | | |
| 19.30 | 20.30 | SF/OU | RUNNERS | | RUNNERS | | | | |
| 19.30 | 20.15 | S1 | PILATES | | | | | | |
| 19.30 | 20.15 | S2 | | TONIFICACIO | GAC | | | | |
| 19.30 | 20.15 | S3 | BODY COMBAT | ZUMBA | AEROBIC | | ZUMBA | | |
| 19.30 | 20.15 | SC | CYCLING | CYCLING | CYCLING | CYCLING | CYCLING | | |
| 20.00 | 20.45 | S3 | | | | ZUMBA | | | |
| 20.15 | 21.00 | P | | | | | | | |
| 20.15 | 21.00 | S1 | | | | | | | |
| 20.15 | 21.00 | S3 | | | | | | | |
| 20.30 | 21.15 | S2 | | | | | | | |
| 20.30 | 21.15 | S3 | | | | | | | |
| 20.30 | 20.45 | SF | | | | | | | |
| 20.30 | 21.15 | SC | | | | | | | |



ESP AIS

S1 SALA 1
S2 SALA 2

SC SALA CYCLING
P PISCINA

S3 SALA 3
OU EXTERIOR

SF SALA FITNESS