

ACTIVITATS DIRIGIDES CEM COTXERES BORBÓ

Vigència: A PARTIR DEL 1 D' AGOST



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATÍ									
07.15	08.00	S2		ESQUENA SANA			IOGA		
07.15	08.00	S3		BODY COMBAT		BODY PUMP			
07.15	08.00	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL			
08.15	09.00	S1					ESQUENA SANA		
08.15	08.45	S2							
08.15	09.00	SC					CYCLING		
08.15	09.00	P	AIGUA MIX Gran	AIGUA MIX Petita	AIGUA MIX Gran	AIGUA MIX Petita			
08.30	09.15	SC						CYCLING VIRTUAL	
09.00	09.45	S2		ESQUENA SANA	BODY COMBAT			BODY PUMP	
09.00	09.45	SC	CYCLING		CYCLING				
09.15	10.00	S1				EST.HOLÍSTICS			
09.15	10.00	S3	GYM D'OR CTC	GLAM/AEROBIC	GYM D'OR TONO	ZUMBA	BODY PUMP		
09.15	10.00	P	AIGUA MIX Petita				AIGUA MIX Petita		
09.30	10.15	SC		CYCLING		CYCLING	CYCLING		CYCLING VIRTUAL
10.00	10.45	S1		PILATES					
10.00	10.45	SC						CYCLING VIRTUAL	
10.00	10.45	S3						ZUMBA	
10.15	11.00	S1	IOGA		IOGA				
10.15	11.00	S2	GAC		BODY PUMP	BODY COMBAT			
10.30	11.15	S3	ZUMBA	ZUMBA	ESQUENA SANA	ESQUENA SANA	ZUMBA		
10.30	11.15	SC	CYCLING VIRTUAL		CYCLING VIRTUAL				
10.30	11.15	P	AIGUA MIX Gran	AIGUA MIX Gran	AIGUA MIX Gran	AIGUA MIX Gran			
11.00	11.15	S2		CTC				ESQUENA SANA	
11.00	11.45	SC		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
11.30	12.15	S1	PILATES		PILATES				
11.30	12.15	S2	ESQUENA SANA		GAC	PILATES	EST.HOLÍSTICS		
11.30	12.15	SC						CYCLING VIRTUAL	
11.45	12.30	S3		EST.HOLÍSTICS					
12.00	12.45	SC	CYCLING VIRTUAL		CYCLING VIRTUAL				
12.00	12.45	P						AIGUA MIX Gran	
12.30	13.15	S3					IOGA		
12.30	13.15	SC		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		
12.45	13.30	S2			IOGA				
13.00	13.45	SC						CYCLING VIRTUAL	
13.30	14.30	SC	CYCLING VIRTUAL		CYCLING VIRTUAL				
MIGDIA									
14.00	14.45	SC		CYCLING		CYCLING	CYCLING VIRTUAL		
14.15	15.00	S2	BODY PUMP		ZUMBA				
14.15	15.00	S3	ZUMBA		BODY PUMP				
14.30	15.15	SC						CYCLING VIRTUAL	
TARDA									
15.15	16.00	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	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				
16.00	16.45	SC						CYCLING VIRTUAL	
16.15	17.00	S2	BODY COMBAT	ESQUENA SANA		ZUMBA			
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17.15	18.00	S1			IOGA				
17.15	18.00	S3	TONIFICACIÓ						
17.30	18.15	S3					BODY COMBAT		
17.45	18.30	SC		CYCLING VIRTUAL		CYCLING VIRTUAL			
18.00	18.45	S1					PILATES		
18.00	18.45	S3		BODY PUMP		BODY COMBAT			
18.15	19.00	S2	GAC	PILATES	PILATES	BODY PUMP			
18.15	19.00	SC	CYCLING		CYCLING				
18.30	19.15	S1	IOGA	ESQUENA SANA					
18.30	19.15	S2					BODY PUMP		
18.30	19.15	S3	ZUMBA		ZUMBA				
19.15	20.00	S1				IOGA			
19.15	20.00	S3		BODY COMBAT		ZUMBA			
19.30	20.15	S2	BODY PUMP		GAC				
19.30	20.15	S3					ZUMBA		
19.30	20.15	SC	CYCLING	CYCLING	CYCLING	CYCLING			
19.30	20.15	P	AIGUA MIX Petita	AIGUA MIX Petita	AIGUA MIX Petita	AIGUA MIX Petita			
19.45	20.30	S3	BODY COMBAT		STEP				
20.30	21.15	S1	PILATES						
20.30	21.15	S3		ZUMBA					
20.45	21.30	S2			TONIFICACIÓ				
20.45	21.30	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
21.00	21.45	S3			BODY COMBAT				



ESPAIS S1 SALA 1 SC SALA CYCLING S3 SALA 3 SF SALA FITNESS
 S2 SALA 2 P PISCINA OU EXTERIOR