

ACTIVITATS DIRIGIDES CEM COTXERES BORBÓ

Vigència: A PARTIR DEL 3 DE MAIG



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
M A T Í									
07.15	08.00	P	AIGUA MIX Petita		AIGUA MIX Petita		AIGUA MIX Petita		
07.15	08.00	S2		ESQUENA SANA		PILATES			
07.15	08.00	S3		BODY COMBAT		BODY PUMP	IOGA		
07.15	08.00	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING		
08.15	08.45	S2			GAC 30				
08.15	09.00	S2	PILATES				ESQUENA SANA		
08.15	09.00	SC		CYCLING		CYCLING			
08.30	09.00	S1			ESTIRAMENTS 30				
08.15	09.00	P		AIGUA MIX Gran		AIGUA MIX Petita			
08.30	09.15	SC						CYCLING VIRTUAL	
09.00	09.45	S3						BODY PUMP	
09.00	09.45	SC	CYCLING				CYCLING		
09.15	10.00	S1				EST.HOLISTICS			
09.15	10.00	S2	BODY PUMP	ESQUENA SANA	ESQUENA SANA				
09.15	10.00	S3	ESQUENA SANA	AEROBIC	BODY COMBAT	ZUMBA	BODY PUMP		
09.15	10.00	SC			CYCLING				
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	
10.00	10.45	S2						ZUMBA	
10.00	10.45	S3						CYCLING VIRTUAL	
10.00	10.45	SC							
10.15	11.00	S1	IOGA	PILATES	IOGA				
10.15	11.00	S2			PILATES	BODY COMBAT			
10.15	11.00	S3	ZUMBA	ZUMBA	BODY PUMP	ESQUENA SANA	ZUMBA		
10.15	11.00	P	AIGUA MIX Gran	AIGUA MIX Gran	AIGUA MIX Petita				
10.30	11.15	S2	GAC						
10.30	10.45	SF	ABDOMINALS 15	GAC 15	ABDOMINALS 15	GAC 15	ABDOMINALS 15		
10.30	11.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
10.30	11.15	P				AIGUA MIX Petita			
10.45	11.00	SF						ABDOMINALS 15	
11.00	11.45	S3						ESQUENA SANA	
11.00	11.45	P		AIGUA MIX Gran					
11.15	12.00	S1	PILATES		EST.HOLISTICS				
11.15	12.00	S2			GAC	PILATES			
11.15	12.00	S3	ESQUENA SANA	IOGA	ESQUENA SANA				
11.30	12.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.30	12.15	S3					EST.HOLISTICS		
12.00	12.45	S3						BODY COMBAT	
12.15	13.00	S3		EST.HOLISTICS	IOGA				
12.15	12.30	SF	GAC 15	ABDOMINALS 15	GAC 15	ABDOMINALS 15	GAC 15		
12.30	13.15	S3					IOGA		
12.30	13.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
13.00	13.45	P						AIGUA MIX Gran	
M I G D I A									
14.15	15.00	S2	ZUMBA		ZUMBA		WARRIORS		
14.15	15.00	S3	BODY PUMP	BODY COMBAT	BODY PUMP		TONIFICACIO		
14.15	15.00	SC	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	
T A R D A									
15.00	15.15	SF	ABDOMINALS 15	GAC 15	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15		
15.15	16.00	SC	CYCLING	CYCLING VIRTUAL	CYCLING	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	WARRIORS	GAC			
16.00	16.15	SF	GAC 15	ABDOMINALS 15	GAC 15	ABDOMINALS 15	GAC 15		
16.00	16.45	SC						CYCLING VIRTUAL	
16.15	17.00	S2	BODY COMBAT						
16.15	17.00	S3							
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17.00	17.45	S2		GAC					
17.00	17.45	S3	TONIFICACIO	ZUMBA		ZUMBA	ZUMBA		
17.15	18.00	S2			GAC				
17.30	18.15	S1					PILATES		
17.30	18.15	S2					BODY PUMP		
17.45	18.30	SC		CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL	
18.00	18.45	S1	ESQUENA SANA			PILATES			
18.00	18.45	S2	GAC			BODY PUMP			
18.00	18.45	S3				BODY COMBAT	BODY COMBAT		
18.15	19.00	S1			IOGA				
18.15	19.00	S3	ZUMBA		ZUMBA				
18.15	19.00	S2		PILATES	ESQUENA SANA				
18.30	19.15	S2					AEROBIC		
18.30	19.15	SC	CYCLING		CYCLING		CYCLING		
18.30	19.15	S3		BODY COMBAT					
19.00	19.45	S2	BODY PUMP						
19.00	19.45	S3				STEP			
19.15	20.00	S1	IOGA		PILATES				
19.15	20.00	P	AIGUA MIX Gran	AIGUA MIX Petita	AIGUA MIX Petita	AIGUA MIX Petita			
19.15	20.00	S2							
19.30	20.15	S2		TONIFICACIO	BODY PUMP		BODY PUMP		
19.30	20.15	S3	BODY COMBAT		AEROBIC		ZUMBA		
19.30	20.15	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
20.00	20.45	S3				ZUMBA			
20.15	21.00	P	AIGUA MIX Petita						
20.15	21.00	S1	PILATES		IOGA				
20.15	21.00	S3		ZUMBA					
20.30	21.15	S2		BODY PUMP	TONIFICACIO	BODY PUMP			
20.30	21.15	S3			BODY COMBAT				
20.30	20.45	SF	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15	ABDOMINALS 15		
20.30	21.15	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		



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