

ACTIVITATS DIRIGIDES CEM COTXERES BORBÓ

Vigència: ESPECIAL COVID TOUQUE DE QUEDA 21 DE DESEMBRE a 10 DE GENER



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
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M A T I

07.15	08.00	S2		ESQUEUENA SANA					
07.15	08.00	S3		BODY COMBAT		BODY PUMP	IOGA		
07.15	08.00	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING		
08.15	09.00	S1							
08.15	09.00	S2					ESQUEUENA SANA		
08.15	09.00	SC		CYCLING VIRTUAL		CYCLING VIRTUAL			
08.15	09.00	P	AIGUA MIX Gran	AIGUA MIX Gran		AIGUA MIX Petita	AIGUA MIX Petita		
08.30	09.15	SC						CYCLING VIRTUAL	
09.00	09.45	S3						BODY PUMP	
09.00	09.45	SC	CYCLING		CYCLING		CYCLING		
09.15	10.00	S2	BODY PUMP	ESQUEUENA SANA					
09.15	10.00	S3				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	GAC15	ABDOMINALS 15	GAC15	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	GAC15	ABDOMINALS 15	GAC15		
10.30	11.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	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	GAC15	ABDOMINALS 15	GAC15	ABDOMINALS 15		
11.00	11.45	S2		IOGA					
11.00	11.45	S3						ESQUEUENA SANA	
11.15	12.00	S1	PILATES		EST.HOLÍSTICS				
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	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11.45	12.30	S3					EST.HOLÍSTICS		
12.00	12.45	S3						BODY COMBAT	
12.15	13.00	S3		EST.HOLÍSTICS	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	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL

M I G D I A

14.00	14.45	SC	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL		
14.15	15.00	S1		IOGA					
14.15	15.00	S2			ZUMBA				
14.15	15.00	S3	BODY PUMP		BODY PUMP		TONIFICACIO		
14.15	15.00	SC		CYCLING		CYCLING		CYCLING VIRTUAL	

T A R D A

15.00	15.15	SF	ABDOMINALS 15	GAC15	ABDOMINALS 15	GAC15	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							
15.15	16.00	S3		TONIFICACIO		GAC			
16.00	16.15	SF	GAC15	ABDOMINALS 15	GAC15	ABDOMINALS 15	GAC15		
16.00	16.45	SC						CYCLING VIRTUAL	
16.15	17.00	S2	BODY COMBAT						
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17.00	17.45	S3	TONIFICACIO	GAC					
17.15	18.00	S1			PILATES				
17.30	18.15	S1	ESQUEUENA SANA						
18.00	18.45	S1					PILATES		
18.00	18.45	S2	GAC			BODY COMBAT			
18.00	18.45	S3			ZUMBA	BODY PUMP	BODY COMBAT		
18.15	19.00	S1			ESQUEUENA SANA				
18.15	19.00	S2		PILATES	GAC	PILATES			
18.15	19.00	SC		CYCLING VIRTUAL		CYCLING VIRTUAL			
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	ZUMBA	BODY COMBAT					
19.00	19.45	S2	BODY PUMP						
19.00	19.45	S3				STEP			
19.15	20.00	S1			IOGA	IOGA			
19.15	19.30	SF	GAC15	ABDOMINALS 15	GAC15	ABDOMINALS 15	GAC15		
19.15	20.00	P		AIGUA MIX Petita		AIGUA MIX Petita			
19.30	20.15	S1	PILATES						
19.30	20.15	S2		TONIFICACIO					
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	20.30	SF	ABDOMINALS 15	GAC15	ABDOMINALS 15	GAC15	ABDOMINALS 15		



ESPAAIS

S1 SALA 1
S2 SALA 2

SC SALA CYCLING
P PISCINA

S3 SALA 3
OII EXTERIOR

SF SALA FITNESS