

# ACTIVITATS DIRIGIDES CEM COTXERES BORBÓ

Vigència: A PARTIR DEL 11 GENER



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
<b>M A T I</b>									
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 VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING		
08.00	08.45	S3			TONIFICACIO				
08.15	09.00	S1		PILATES					
08.15	09.00	S2				ESQUEUENA SANA	ESQUEUENA SANA		
08.15	09.00	SC		CYCLING		CYCLING			
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		CYCLING		
09.15	10.00	S1				EST.HOLÍSTICS			
09.15	10.00	S2	BODY PUMP	ESQUEUENA SANA	GYM D'OR TONO				
09.15	10.00	S3	GYM D'OR CTC	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	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 Gran		AIGUA MIX Petita			
10.45	11.00	SF						ABDOMINALS 15	
11.00	11.15	SF	GAC 15	ABDOMINALS 15	GAC 15	ABDOMINALS 15	GAC 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	GAC 15	ABDOMINALS 15	GAC 15	ABDOMINALS 15	GAC 15		
13.00	13.45	P						AIGUA MIX Gran	
12.30	13.15	S1					IOGA		
12.30	13.15	SC							CYCLING VIRTUAL
13.00	13.45	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
<b>M I G D I A</b>									
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 VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	
<b>T A R D A</b>									
15.00	15.15	SF	ABDOMINALS 15	GAC 15	ABDOMINALS 15	GAC 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		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		ZUMBA		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	S1	ESQUEUENA SANA			ZUMBA KIDS			
17.30	18.15	S2					RADIKAL KIDS		
17.45	18.30	SC		CYCLING VIRTUAL		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		
18.15	19.00	S1			ESQUEUENA SANA				
18.15	19.00	S3	ZUMBA		ZUMBA				
18.15	19.00	S2		PILATES	PILATES				
18.30	19.15	S2					AERÒBIC		
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		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	S2		TONIFICACIO	GAC		BODY PUMP		
19.30	20.15	S3	BODY COMBAT		AERÒBIC		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	PILATES			PILATES			
20.15	21.00	S3		ZUMBA					
20.30	21.15	S2	ESQUEUENA SANA	BODY PUMP	TONIFICACIO				
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