

ACTIVITATS DIRIGIDES CEM COTXERES BORBÓ

Vigència: setembre 2020



Inici	Final	Espai	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
MATÍ									
07.15	08.00	P	AIGUA MIX Petita		AIGUA MIX Petita		AIGUA MIX Petita		
07.15	08.00	S2		ESQUENA SANA			IOGA		
07.15	08.00	S3		BODY COMBAT		BODY PUMP			
07.15	08.00	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
08.00	08.45	S2			TONIFICACIÓ				
08.15	09.00	S1		PILATES					
08.15	09.00	S3					ESQUENA SANA		
08.15	09.00	P		AIGUA MIX Petita		AIGUA MIX Petita			
08.30	09.15	SC						CYCLING VIRTUAL	
09.00	09.45	S2	GYM D'OR CTC	ESQUENA SANA	BODY COMBAT			BODY PUMP	
09.00	09.45	SC	CYCLING		CYCLING		CYCLING		
09.15	10.00	S1				EST.HOLÍSTICS			
09.15	10.00	S2							
09.15	10.00	S3	BODY PUMP	GLAMDANCE	GYM D'OR TONO	ZUMBA	BODY PUMP		
09.15	10.00	P	AIGUA MIX Petita		AIGUA MIX Petita		AIGUA MIX Petita		
09.30	10.15	SC		CYCLING		CYCLING			CYCLING VIRTUAL
10.00	10.45	S1		PILATES II					
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	S1							
10.30	11.15	S2							
10.30	11.15	S3	ZUMBA	ZUMBA	GLAMDANCE	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			
11.00	11.45	S2		CTC			EST.HOLÍSTICS	ESQUENA SANA	
11.00	11.45	SC		CYCLING VIRTUAL		CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL
11.15	12.00	S1							
11.30	12.15	S1	PILATES		PILATES				
11.30	12.15	S2			GAC	PILATES			
11.30	12.15	S3							
11.30	12.15	SC						CYCLING VIRTUAL	
11.30	12.15	P		AIGUA MIX Gran					
11.45	12.30	S3	ESQUENA SANA		ESQUENA SANA				
12.00	12.45	SC	CYCLING VIRTUAL		CYCLING VIRTUAL				
12.15	13.00	S3		EST.HOLÍSTICS					
12.30	13.15	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	14.15	SC	CYCLING VIRTUAL		CYCLING VIRTUAL				

MIGDIA

14.00	14.45	SC	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL		
14.00	14.45	S1				PILATES			
14.15	15.00	S2	ZUMBA	IOGA	ZUMBA				
14.15	15.00	S3	BODY PUMP	BODY COMBAT	BODY PUMP		TONIFICACIÓ		
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				
15.15	16.00	S3				GAC			
16.00	16.45	SC						CYCLING VIRTUAL	
16.15	17.00	S2	BODY COMBAT			ZUMBA			
16.30	17.15	S3							
16.30	17.15	SC	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL		
17.00	17.45	S1			IOGA				
17.00	17.45	S3	TONIFICACIÓ	TONIFICACIÓ			ESQUENA SANA		
17.15	18.00	S1							
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 COMBAT			
18.15	19.00	SC	CYCLING		CYCLING				
18.30	19.15	S1			ESQUENA SANA				
18.30	19.15	S2					BODY PUMP		
18.30	19.15	S3	ZUMBA	BODY COMBAT	ZUMBA				
19.15	20.00	S1	IOGA	ESQUENA SANA		IOGA			
19.15	20.00	S3				STEP			
19.15	20.00	P	AIGUA MIX Petita	AIGUA MIX Petita	AIGUA MIX Petita	AIGUA MIX Petita			
19.30	20.15	S2	BODY PUMP	BODY PUMP	GAC				
19.30	20.15	S3					ZUMBA		
19.30	20.15	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
19.45	20.30	S1			IOGA				
19.45	20.30	S3	BODY COMBAT		AERÒBIC				
20.30	21.15	S1	PILATES			PILATES			
20.30	21.15	S3		ZUMBA		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
S2 SALA 2

SC SALA CYCLING
P PISCINA

S3 SALA 3
OU EXTERIOR

SF SALA FITNESS