

ACTIVITATS DIRIGIDES - SALA 2

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15	08.10	2	BODYPUMP VIRTUAL	CUL 10 VIRTUAL	IOGA VIRTUAL	IOGA VIRTUAL	TONIFICA'T VIRTUAL
08.15	09.10	2	IOGA VIRTUAL	D-TOTAL BODY VIRTUAL	CUL 10 VIRTUAL	PILATES VIRTUAL	D-MOVE VIRTUAL
09.15	10.10	2	D-TOTAL BODY VIRTUAL	ZUMBA/CUL10	TONIFICA'T VIRTUAL	BODY PUMP	CUL 10 VIRTUAL
10.15	11.10	2	IOGA DIR	CUIDA'T FUNCIONAL	ZUMBA/CUL10	CUIDA'T R. POSTURAL	IOGA VIRTUAL
11.15	12.10	2	CUL 10 VIRTUAL	BODYPUMP VIRTUAL	IOGA VIRTUAL	TONIFICA'T VIRTUAL	D-TOTAL BODY VIRTUAL
12.15	13.10	2	PILATES VIRTUAL	TONIFICA'T VIRTUAL	BODYPUMP VIRTUAL	CUL 10 VIRTUAL	IOGA VIRTUAL
13.15	14.10	2	D-TOTAL BODY VIRTUAL	BODYPUMP VIRTUAL	PILATES VIRTUAL	IOGA VIRTUAL	CUL 10 VIRTUAL
14.15	15.00	2	BALLET FIT	APRIMA'T/CUL10	ZUMBA	BODY PUMP	TONIFICA'T VIRTUAL
15.15	16.10	2	BODYPUMP VIRTUAL	TONIFICA'T VIRTUAL	IOGA VIRTUAL	D-MOVE VIRTUAL	D-TOTAL BODY VIRTUAL
16.15	17.10	2	TONIFICA'T VIRTUAL	IOGA VIRTUAL	BODYPUMP VIRTUAL	TONIFICA'T VIRTUAL	CUL 10 VIRTUAL
17.15	18.10	2	IOGA VIRTUAL	D-MOVE VIRTUAL	CUL 10 VIRTUAL	PILATES VIRTUAL	TONIFICA'T VIRTUAL
18.15	19.10	2	D-MOVE VIRTUAL	PILATES	TONIFICA'T VIRTUAL	ZUMBA	D-MOVE VIRTUAL
19.15	20.10	2	ZUMBA	BODY PUMP	CUL10/ABDOMINALS	BODY COMBAT	PILATES VIRTUAL
20.15	21.10	2	BODY PUMP	BODYPUMP VIRTUAL	ZUMBA	D-MOVE VIRTUAL	CUL 10 VIRTUAL
21.15	22.10	2	PILATES VIRTUAL	D-MOVE VIRTUAL	IOGA VIRTUAL	TONIFICA'T VIRTUAL	TONIFICA'T VIRTUAL

INICI	FI	SALA	DISSABTE
09.15	10.10	2	CUL 10 VIRTUAL
10.15	11.10	2	D-MOVE VIRTUAL
11.15	12.10	2	IOGA VIRTUAL
12.15	13.10	2	BODYPUMP VIRTUAL
13.15	14.10	2	PILATES VIRTUAL

SPINDIR - SALA 3

INICI	FI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.30	08.15	3	SPINDIR	SPINDIR VIRTUAL	FULLBODYCYCLE	SPINDIR VIRTUAL	SPINDIR VIRTUAL
08.30	09.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
09.30	10.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
10.30	11.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
11.30	12.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
12.30	13.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
13.30	14.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
14.30	15.15	3	FULLBODYCYCLE	SPINDIR	SPINDIR	SPINDIR	SPINDIR
15.30	16.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
16.30	17.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
17.30	18.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL
18.30	19.15	3	SPINDIR	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL	SPINDIR
19.30	20.15	3	SPINDIR	SPINDIR	SPINDIR	SPINDIR	SPINDIR VIRTUAL
20.30	21.15	3	SPINDIR VIRTUAL	FULLBODYCYCLE	SPINDIR VIRTUAL	SPINDIR	SPINDIR VIRTUAL
21.30	22.15	3	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL	SPINDIR VIRTUAL

INICI	FI	SALA	DISSABTE
09.15	10.00	3	SPINDIR VIRTUAL
10.15	11.00	3	SPINDIR VIRTUAL
11.15	12.00	3	SPINDIR VIRTUAL
12.15	13.00	3	SPINDIR
13.15	14.00	3	SPINDIR VIRTUAL

	COREOGRAFIA DE NIVELL ALT
	COREOGRAFIA DE NIVELL MIG
	COREOGRAFIA DE NIVELL BÀSIC
	SENSE COREOGRAFIA D'INTENSITAT ALTA
	SENSE COREOGRAFIA D'INTENSITAT MITJANA
	SENSE COREOGRAFIA D'INTENSITAT BAIXA
	COS I MENT, SENSE COREOGRAFIA I INTENSITAT MITJANA
	COS I MENT, SENSE COREOGRAFIA I INTENSITAT BAIXA
	AQUÀTICS
	SÈNIORS
	EXTERIOR

