

ACTIVITATS DIRIGIDES ·

A PARTIR DEL 26 D'ABRIL



LA RESERVA PRÈVIA ÉS OBLIGATÒRIA PER A TOTES LES ACTIVITATS

HORARI	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
07.15 - 08.00	WELLCYCLING Sala Cycling	GAT Sala 1	WELLCYCLING Sala Cycling	WELLCYCLING Sala Cycling	WELLCYCLING Sala Cycling
07.15 - 08.00	TONO Sala 1	PILATES Sala 4	TRAINING CAMP Sala 1	REFORÇ MUSCULAR Sala 4	TRX Sala 2
08.00 - 08.45	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu
08.00 - 08.45	REFORÇ MUSCULAR Sala 4	CORE Sala 2	TRX Sala 2	PILATES Sala 4	
08.30 - 09.15	TONO Sala 1	WELLCYCLING Sala Cycling	PILATES Sala 4	TRAINING CAMP Sala 1	STRONG NATION Sala 2
09.00 - 09.45	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu
09.15 - 10.00	BALLETFIT Sala 2	PILATES Sala 4	WELLCYCLING Sala Cycling	HATHA IOGA (1h i 15 min) Sala 4	TONO Sala 1
09.30 - 10.15	WELLCYCLING Sala Cycling	STRONG NATION Sala 2	ZUMBA Sala 1	GAT INTENSIVE (30 min) Sala 1	HIPOPRESSIUS Sala 4
10.00 - 10.45	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu	AQUAGYM Llacuna Inúu
10.15 - 11.00	ZUMBA Sala 1	REFORÇ MUSCULAR Sala 1	TONO SLOW (10.30 - 11.15) Sala 1	HIPOPRESSIUS Sala 1	CORE Sala 1
10.30 - 11.15	PILATES Sala 4	TRX Sala 2	HATHA IOGA (1h i 15 min) Sala 4	ZUMBA Sala 2	BALLETFIT Sala 2
10.30 - 11.15	TONO SLOW Sala 2	WELLCYCLING Sala Cycling	TONO INTENSIVE (30 min) Sala 2	GAT (10.45 - 11.30) Sala 4	STRETCHING Sala 4
11.30 - 12.15	PILATES★ Sala 4	TONO SLOW★ Sala 1	REFORÇ MUSCULAR★ Sala 1	CORE★ Sala 1	HATHA IOGA★ (1h i 15 min) Sala 4
13.15 - 14.00	TONO Sala 1	ZUMBA Sala 1	GAT Sala 1	CORE Sala 1	STRONG NATION Sala 2
13.30 - 14.15	WELLCYCLING Sala Cycling	HATHA IOGA (45 min) Sala 4	WELLCYCLING Sala Cycling	PILATES Sala 4	WELLCYCLING Sala Cycling
13.30 - 14.15	AQUAGYM Llacuna Inúu	WELLCYCLING Sala Cycling	AQUAGYM Llacuna Inúu	WELLCYCLING Sala Cycling	AQUAGYM Llacuna Inúu
14.00 - 14.45	GAT Sala 2		TRX Sala 2		HATHA IOGA (45 min) Sala 4
16.30 - 17.15	GAT Sala 1	CORE Sala 1	TONO Sala 1	STRETCHING Sala 4	WELLCYCLING Sala Cycling
17.30 - 18.15	TRAINING CAMP Sala 1	PILATES Sala 4	HATHA IOGA (1h i 15 min) Sala 4	REFORÇ MUSCULAR Sala 4	TONO Sala 1
17.30 - 18.15	WELLCYCLING Sala Cycling	WELLCYCLING Sala Cycling	WELLCYCLING Sala Cycling	ZUMBA Sala 1	AQUAGYM Llacuna Inúu
18.00 - 18.30	TRX INTENSIVE Sala 2	TONO INTENSIVE Sala 2	CORE INTENSIVE Sala 2	GAT INTENSIVE Sala 2	MEDITACIÓ (45 min) Sala 4
18.15 - 19.00	AQUAGYM Llacuna Inúu	TRAINING CAMP Sala 1	GAT Sala 1	WELLCYCLING Sala Cycling	
18.30 - 19.15	ZUMBA Sala 1	REFORÇ MUSCULAR Sala 4	AQUAGYM Llacuna Inúu	ZUMBA Sala 1	PILATES Sala Aquarius
18.30 - 19.15	WELLCYCLING Sala Cycling	WELLCYCLING Sala Cycling	WELLCYCLING Sala Cycling	STRETCHING Sala 4	ZUMBA Sala 1
18.45 - 19.15	CORE INTENSIVE Sala 2	STRONG NATION Sala 2	TONO INTENSIVE Sala 2	TRX INTENSIVE Sala 2	GAT (18.30-19.15) Sala 2
19.00 - 20.15	HATHA IOGA (1h i 15 min) Sala 4	WELLCYCLING Sala Aquarius	HATHA IOGA (1h i 15 min) Sala 4		HATHA IOGA (1h i 15 min) Sala 4
19.15 - 20.00	WELLCYCLING Sala Aquarius	AQUAGYM Llacuna Inúu	TONO SLOW Sala 1	WELLCYCLING Sala Cycling	WELLCYCLING Sala Cycling
19.30 - 20.15	TONO Sala 1	PILATES Sala 4	WELLCYCLING Sala Aquarius	AQUAGYM Llacuna Inúu	BOXA Sala 1
19.30 - 20.00	GAT INTENSIVE Sala 2	TONO INTENSIVE Sala 2	TRX INTENSIVE Sala 2	STRONG NATION Sala 2	PILATES Sala Aquarius
19.30 - 20.15	WELLCYCLING Sala Cycling	BALLETFIT Sala 1	AQUAGYM Llacuna Inúu	TRAINING CAMP Sala 1	DANSA URBANA (45 min) Sala 2
19.30 - 20.15				WELLCYCLING Sala Aquarius	
19.45 - 20.30	AQUAGYM Llacuna Inúu	WELLCYCLING Sala Cycling	WELLCYCLING Sala Cycling	PILATES Sala 4	
20.15 - 21.00	ZUMBA Sala 2		BALLETFIT Sala 2	WELLCYCLING Sala Cycling	VIRTUALCYCLING Sala Cycling
20.30 - 21.15	WELLCYCLING Sala Cycling	HATHA IOGA (1h i 15 min) Sala 4	SEVILLANES (1h i 15 min) Sala 1	BALLS LLATINS (1h i 15 min) Sala 1	
20.30 - 21.15	HATHA IOGA (1h i 15 min) Sala 4	BALLS LLATINS (1h i 15 min) Sala 1	HATHA IOGA (1h i 15 min) Sala 4	DANSA URBANA Sala 2	HATHA IOGA (1h i 15 min) Sala 4
20.30 - 21.15	BOXA Sala 1	GAT Sala 2			

FESTIU CALENDARI