



AGOST 2018

Setmana: 1 al 5 d'Agost

| Inici | Final | Dilluns | Dimarts | 1 Dimecres | 2 Dijous | 3 Divendres | 4 Dissabte | 5 Diumenge |
|--------|--------|---------|---------|---------------|-------------|----------------|---------------|---------------|
| 09,30h | 10,20h | | | VIRTUAL-CAB | MUN | CAA | VIRTUAL-CAB | TANCAT |
| 10,30h | 11,20h | | | FAR | VIRTUAL-CAA | VIRTUAL-FAR | VIRTUAL-MUN | |
| 11,30h | 12,20h | | | | | | | |
| 13,30h | 14,15h | | | VIRTUAL-CAB | VIRTUAL-MUN | VIRTUAL-FAR | VIRTUAL-CAA | |
| 14,10h | 15,00h | | | | | | | |
| 15,00h | 15,50h | | | VIRTUAL-CAA | | VIRTUAL-MUN | VIRTUAL-CAB | |
| 17,00h | 17,50h | | | | VIRTUAL-FAR | VIRTUAL-CAA | VIRTUAL-MUN | |
| 18,00h | 18,50h | | | CAA | VIRTUAL-MUN | VIRTUAL-CAB | VIRTUAL-FAR | |
| 19,00h | 19,50h | | | VIRTUAL-CAB | FAR | | | |
| 20,00h | 20,50h | | | | | VIRTUAL-CAA | | |
| 21,00h | 21,50h | | | | | | | |

| TIPUS DE SESSIONS | | |
|-------------------|-------------|-----------------------|
| C.INDOOR | C.VIRTUAL | |
| REC | VIRTUAL-REC | Recuperació |
| CAB | VIRTUAL-CAB | Cap. Aeròbica Baixa |
| CAA | VIRTUAL-CAA | Cap. Aeròbica Alta |
| MUN | VIRTUAL-MUN | Muntanya |
| FAR | VIRTUAL-FAR | Fartlek |
| IE | VIRTUAL-IE | Intervàlica Extensiva |
| II | VIRTUAL-II | Intervàlica Intensiva |
| CHA | VIRTUAL-CHA | Challenge |





AGOST 2018

Setmana: 6 al 12 d'Agost

| Inici | Final | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|--------|--------|-------------|-------------|-------------|-------------|-------------|-------------|---------------|
| | | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
| 09,30h | 10,20h | VIRTUAL-CAA | MUN | VIRTUAL-CAB | FAR | IE | VIRTUAL-MUN | TANCAT |
| 10,30h | 11,20h | VIRTUAL-FAR | VIRTUAL-IE | CAA | VIRTUAL-CAB | VIRTUAL-CAA | VIRTUAL-FAR | |
| 11,30h | 12,20h | | | | | | | |
| 13,30h | 14,15h | VIRTUAL-CAA | VIRTUAL-CAB | VIRTUAL-MUN | VIRTUAL-FAR | VIRTUAL-IE | VIRTUAL-MUN | |
| 14,10h | 15,00h | | | | | | | |
| 15,00h | 15,50h | VIRTUAL-MUN | | VIRTUAL-CAB | | VIRTUAL-FAR | VIRTUAL-CAA | |
| 17,00h | 17,50h | | VIRTUAL-MUN | | VIRTUAL-CAA | VIRTUAL-CAB | VIRTUAL-FAR | |
| 18,00h | 18,50h | CAA | VIRTUAL-CAB | FAR | VIRTUAL-IE | VIRTUAL-CAA | VIRTUAL-MUN | |
| 19,00h | 19,50h | VIRTUAL-FAR | IE | VIRTUAL-CAB | MUN | | | |
| 20,00h | 20,50h | | | | | VIRTUAL-FAR | | |
| 21,00h | 21,50h | | | | | | | |

SALA P3

| TIPUS DE SESSIONS | | |
|-------------------|-------------|-----------------------|
| C.INDOOR | C.VIRTUAL | |
| REC | VIRTUAL-REC | Recuperació |
| CAB | VIRTUAL-CAB | Cap. Aeròbica Baixa |
| CAA | VIRTUAL-CAA | Cap. Aeròbica Alta |
| MUN | VIRTUAL-MUN | Muntanya |
| FAR | VIRTUAL-FAR | Fartlek |
| IE | VIRTUAL-IE | Intervàlica Extensiva |
| II | VIRTUAL-II | Intervàlica Intensiva |
| CHA | VIRTUAL-CHA | Challenge |





AGOST 2018

Setmana: 13 al 19 d'Agost

| Inici | Final | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|--------|--------|-------------|-------------|-------------|-------------|-------------|-------------|---------------|
| | | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
| 09,30h | 10,20h | VIRTUAL-CAB | MUN | | CAA | FAR | VIRTUAL-CAB | TANCAT |
| 10,30h | 11,20h | VIRTUAL-CAA | VIRTUAL-IE | VIRTUAL-FAR | VIRTUAL-IE | VIRTUAL-MUN | VIRTUAL-CAA | |
| 11,30h | 12,20h | | | VIRTUAL-MUN | | | | |
| 12,30h | 13,20h | | VIRTUAL-CAA | VIRTUAL-CAB | | | | |
| 13,30h | 14,15h | VIRTUAL-CAB | VIRTUAL-FAR | | VIRTUAL-CAA | VIRTUAL-CAB | VIRTUAL-IE | |
| 14,10h | 15,00h | | | | | | | |
| 15,00h | 15,50h | VIRTUAL-CAA | | | | VIRTUAL-CAB | VIRTUAL-FAR | |
| 17,00h | 17,50h | | VIRTUAL-MUN | | VIRTUAL-IE | VIRTUAL-CAA | VIRTUAL-CAB | |
| 18,00h | 18,50h | FAR | VIRTUAL-CAA | | VIRTUAL-CAB | VIRTUAL-IE | VIRTUAL-CAA | |
| 19,00h | 19,50h | VIRTUAL-CAB | MUN | | CAA | | | |
| 20,00h | 20,50h | | | | | VIRTUAL-MUN | | |
| 21,00h | 21,50h | | | | | | | |

De 9h a 15h

SALA P3

| TIPUS DE SESSIONS | | |
|-------------------|-------------|-----------------------|
| C.INDOOR | C.VIRTUAL | |
| REC | VIRTUAL-REC | Recuperació |
| CAB | VIRTUAL-CAB | Cap. Aeròbica Baixa |
| CAA | VIRTUAL-CAA | Cap. Aeròbica Alta |
| MUN | VIRTUAL-MUN | Muntanya |
| FAR | VIRTUAL-FAR | Fartlek |
| IE | VIRTUAL-IE | Intervàlica Extensiva |
| II | VIRTUAL-II | Intervàlica Intensiva |
| CHA | VIRTUAL-CHA | Challenge |





AGOST 2018

Setmana: 20 al 26 d'Agost

| SALA P3 | Inici | Final | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|---------|--------|--------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | | | Dilluns | Dimarts | Dimecres | Dijous | Divendres | Dissabte | Diumenge |
| | | 09,30h | 10,20h | VIRTUAL-CAA | FAR | VIRTUAL-CAB | II | MUN | VIRTUAL-CAA |
| | 10,30h | 11,20h | VIRTUAL-CAB | VIRTUAL-MUN | IE | VIRTUAL-CAA | VIRTUAL-FAR | VIRTUAL-CAB | |
| | 11,30h | 12,20h | | | | | | | |
| | 13,30h | 14,15h | VIRTUAL-CAA | VIRTUAL-FAR | VIRTUAL-CAB | VIRTUAL-MUN | VIRTUAL-IE | VIRTUAL-CAA | |
| | 14,10h | 15,00h | | | | | | | |
| | 15,00h | 15,50h | VIRTUAL-IE | | VIRTUAL-CAA | | VIRTUAL-MUN | VIRTUAL-CAB | |
| | 17,00h | 17,50h | | VIRTUAL-IE | | VIRTUAL-CAB | VIRTUAL-FAR | VIRTUAL-CAA | |
| | 18,00h | 18,50h | MUN | VIRTUAL-CAB | IE | VIRTUAL-FAR | VIRTUAL-CAA | VIRTUAL-IE | |
| | 19,00h | 19,50h | VIRTUAL-FAR | CAA | VIRTUAL-MUN | II | | | |
| | 20,00h | 20,50h | | | | | VIRTUAL-FAR | | |
| | 21,00h | 21,50h | | | | | | | |

| TIPUS DE SESSIONS | | |
|-------------------|-------------|----------------------|
| C.INDOOR | C.VIRTUAL | |
| REC | VIRTUAL-REC | Recuperació |
| CAB | VIRTUAL-CAB | Cap. Aeròbica Baixa |
| CAA | VIRTUAL-CAA | Cap. Aeròbica Alta |
| MUN | VIRTUAL-MUN | Muntanya |
| FAR | VIRTUAL-FAR | Fartlek |
| IE | VIRTUAL-IE | Intervàica Extensiva |
| II | VIRTUAL-II | Intervàica Intensiva |
| CHA | VIRTUAL-CHA | Challenge |





AGOST 2018

Setmana: 27 al 31 d'Agost

| Inici | Final | 27 | 28 | 29 | 30 | 31 | Dissabte | Diumenge |
|--------|--------|-------------|-------------|-------------|-------------|-------------|----------|---------------|
| | | Dilluns | Dimarts | Dimecres | Dijous | Divendres | | |
| 09,30h | 10,20h | VIRTUAL-CAA | CHA | VIRTUAL-CAB | MUN | FAR | | TANCAT |
| 10,30h | 11,20h | VIRTUAL-CAA | VIRTUAL-CHA | CAB | VIRTUAL-FAR | VIRTUAL-MUN | | |
| 11,30h | 12,20h | | | | | | | |
| 13,30h | 14,15h | VIRTUAL-CAA | VIRTUAL-CHA | VIRTUAL-CAB | VIRTUAL-MUN | VIRTUAL-CAA | | |
| 14,10h | 15,00h | | | | | | | |
| 15,00h | 15,50h | VIRTUAL-CAA | | VIRTUAL-CAB | | VIRTUAL-FAR | | |
| 17,00h | 17,50h | | VIRTUAL-CHA | | VIRTUAL-FAR | VIRTUAL-CAB | | |
| 18,00h | 18,50h | CAA | VIRTUAL-CHA | CAB | VIRTUAL-MUN | VIRTUAL-CAA | | |
| 19,00h | 19,50h | VIRTUAL-CAA | CHA | VIRTUAL-CAB | FAR | | | |
| 20,00h | 20,50h | | | | | VIRTUAL-FAR | | |
| 21,00h | 21,50h | | | | | | | |

SALA P3

| TIPUS DE SESSIONS | | |
|-------------------|-------------|-----------------------|
| C.INDOOR | C.VIRTUAL | |
| REC | VIRTUAL-REC | Recuperació |
| CAB | VIRTUAL-CAB | Cap. Aeròbica Baixa |
| CAA | VIRTUAL-CAA | Cap. Aeròbica Alta |
| MUN | VIRTUAL-MUN | Muntanya |
| FAR | VIRTUAL-FAR | Fartlek |
| IE | VIRTUAL-IE | Intervàlica Extensiva |
| II | VIRTUAL-II | Intervàlica Intensiva |
| CHA | VIRTUAL-CHA | Challenge |