

Graella d'activitats dirigides de l'1 al 30 de setembre de 2022

Activitats dirigides terrestres

Horari	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07.00 - 07.50	SAD		BODYPUMP		CORE ★			
07.00 - 07.50	SCI	CYCLING ★		VIRTUAL CYCLING ★		VIRTUAL CYCLING ★		
07.00 - 07.40	SFU			HBX FUSION / BOXING				
09.30 - 10.20	SAD	BODYATTACK ★	BALANCE	GAC	BODYPUMP	ESTIRAMENTS		
09.30 - 10.20	SCI	VIRTUAL CYCLING ★	CYCLING ★	VIRTUAL CYCLING ★	CYCLING ★	CYCLING ★	CYCLING	
09.30 - 10.10	SFU			HBX FUSION / BOXING				
09.30 - 10.20	SOM	PILATES	IOGA	PILATES	IOGA			
10.30 - 11.20	SAD	MOVE IT	BODYPUMP	BALANCE	CORE ★	GAC	BODYPUMP	
10.30 - 11.20	SCI		VIRTUAL CYCLING ★		VIRTUAL CYCLING ★		VIRTUAL CYCLING ★	VIRTUAL CYCLING ★
10.30 - 11.10	SFU	HBX FUSION / BOXING						
10.30 - 11.15	SOM	MARE PREPART		MARE PREPART				
11.20 - 12.05	SOM	MARE POST PART		MARE POST PART				
10.30 - 11.20	SOM		PILATES		PILATES			
11.30 - 12.20	SCI	VIRTUAL CYCLING ★				VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★
11.30 - 12.20	SAD			ESTIRAMENTS		ZUMBA ★	CORE	
12.30 - 13.20	SCI			VIRTUAL CYCLING ★			VIRTUAL CYCLING ★	VIRTUAL CYCLING ★
14.20 - 15.10	SAD	CORE ★		MOVE IT ★	BODYPUMP			
14.20 - 15.00	SFU		HBX FUSION / BOXING					
15.10 - 16.00	SCI	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★		
15.20 - 16.10	SOM		PILATES		PILATES	ESTIRAMENTS		
15.20 - 16.10	SAD	GAC	ZUMBA ★	BODYPUMP	BODYCOMBAT ★	CORE ★		
17.00 - 17.50	SAD	BODYPUMP	ESTIRAMENTS ★	CORE	ZUMBA ★	GAC		
17.00 - 17.50	SCI	VIRTUAL CYCLING ★		VIRTUAL CYCLING ★		VIRTUAL CYCLING ★		
17.20 - 18.00	SMP	DANCE-KIDS 8 a 14 anys		DANCE-KIDS 8 a 14 anys				
17.20 - 18.10	SOM		IOGA		IOGA			
17.25 - 18.00	SFU		HBX KIDS 8 A 14 ★		HBX KIDS 8 A 14 ★			
18.00 - 18.50	SAD	BODYATTACK ★	GAC	ZUMBA	BODYCOMBAT	BODYPUMP		
18.00 - 18.50	SOM	ESTIRAMENTS						
18.00 - 18.50	SCI	VIRTUAL CYCLING ★	CYCLING ★	CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★		
18.10 - 18.45	SFU		HBX KIDS 8 A 14 ★		HBX KIDS 8 A 14 ★			
18.10 - 19.00	SOM		PILATES		PILATES			
19.00 - 19.50	SAD	GAC	ZUMBA	BODYCOMBAT	BODYPUMP	ESTIRAMENTS ★		
19.00 - 19.50	SCI	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING ★	CYCLING ★		
19.00 - 19.40	SFU		HBX FUSION		HBX BOXING			
19.10 - 20.00	SOM	PILATES		PILATES				
20.00 - 20.50	SAD	BODYPUMP	BODYCOMBAT	ZUMBA	BODYATTACK			
20.00 - 20.50	SCI	CYCLING	CYCLING ★	VIRTUAL CYCLING ★	CYCLING ★			
20.00 - 20.40	SFU	HBX BOXING		HBX FUSION				
20.10 - 21.00	SOM		IOGA		IOGA			
20.10 - 21.00	SOM	PILATES		PILATES				
21.00 - 21.50	SAD	CORE ★	BODYPUMP	COUNTRY	COUNTRY			
21.00 - 21.50	SCI		VIRTUAL CYCLING		CYCLING ★			
21.00 - 21.40	SFU			HBX FUSION / BOXING				
21.10 - 22.00	SOM	PILATES	COUNTRY	PILATES				

★ Activitats dirigides a partir de 12 anys



GRAELLA ACTIVITATS Estiu 2022



Activitats dirigides d'aigua

Horari	Piscina	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07.00 - 07.45	P.Gran	AQUATRaining ★		AQUATRaining ★				
07.00 - 07.45	P.Social		AQUAGIM ★		AQUAGIM ★			
08.30 - 09.15	P.Social		AQUAGIM ★	AQUAGIM ★	AQUADOLÇ	AQUAGIM ★		
09.15 - 10.00	P.Social	AQUAGIM	AQUAGIM		AQUAGIM		AQUAGIM	
10.00 - 10.45	P.Social	AQUADOLÇ		AQUAGIM				
10.45 - 11.30	P.Gran		AQUATRaining ★					
10.45 - 11.30	P.Social				AQUADOLÇ			
09.50 - 10.20	P.Petita							NADONS FAMILIA
10.25 - 10.55	P.Petita							NADONS FAMILIA
11.00 - 11.30	P.Petita							NADONS FAMILIA
11.35 - 12.05	P.Petita							NADONS FAMILIA
12.10 - 12.40	P.Petita							NADONS FAMILIA
12.30 - 13.15	P.Social		NAT. TERAPEUTICA		NAT. TERAPEUTICA			
15.15 - 16.00	P.Gran			AQUATRaining				
15.15 - 16.00	P.Social	AQUAGIM	AQUAGIM		AQUAGIM	AQUAGIM		
18.30 - 19.30	P.Social		EMBARASSADES		EMBARASSADES			
19.30 - 20.15	P.Social	AQUAGIM ★	AQUAGIM ★	AQUAGIM ★	AQUAGIM ★			
19.30 - 20.00	P.Social							AQUAHIIT ★

GAUDEIX DE LES AVANTATGES DE L'APP



Graella d'activitats dirigides del 23 de juny al 31 de juliol de 2022

Graella d'activitats dirigides de l'1 al 31 d'agost de 2022

Activitats dirigides terrestres

Horari	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07.00 - 07.50	SAD		BODYPUMP		CORE			
07.00 - 07.50	SCI	CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
07.00 - 07.40	SFU			HBX FUSION / BOXING				
09.30 - 10.20	SAD	BODYATTACK	BALANCE	GAC	BODYPUMP	ESTIRAMENTS		
09.30 - 10.20	SCI	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	CYCLING	CYCLING	
09.30 - 10.10	SFU			HBX FUSION / BOXING				
09.30 - 10.20	SCM	PILATES	IOGA	PILATES	IOGA			
10.30 - 11.20	SAD	MOVE IT	BODYPUMP	BALANCE	CORE	GAC	BODYPUMP	
10.30 - 11.20	SCI		VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING
10.30 - 11.10	SFU	HBX FUSION / BOXING						
10.30 - 11.15	SCM	MARE PREPART						
11.20 - 12.05	SCM	MARE POST PART						
10.30 - 11.20	SCM		PILATES		PILATES			
11.30 - 12.20	SCI	VIRTUAL CYCLING				VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11.30 - 12.20	SAD			ESTIRAMENTS		ZUMBA	CORE	
12.30 - 13.20	SCI			VIRTUAL CYCLING				VIRTUAL CYCLING
14.20 - 15.10	SAD	CORE		MOVE IT	BODYPUMP			
14.20 - 15.00	SFU		HBX FUSION / BOXING					
15.10 - 16.00	SCI	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
15.20 - 16.10	SCM		PILATES		PILATES	ESTIRAMENTS		
15.20 - 16.10	SAD	GAC	ZUMBA	BODYPUMP	BODYCOMBAT	CORE		
17.00 - 17.50	SAD	BODYPUMP	ESTIRAMENTS	CORE	ZUMBA	GAC		
17.00 - 17.50	SCI	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING		
17.20 - 18.00	SMP	DANCE-KIDS 8 a 14 anys		DANCE-KIDS 8 a 14 anys				
17.20 - 18.10	SCM		IOGA		IOGA			
17.25 - 18.00	SFU		HBX KIDS 8 A 14		HBX KIDS 8 A 14			
18.00 - 18.50	SAD	BODYATTACK	GAC	ZUMBA	BODYCOMBAT	BODYPUMP		
18.00 - 18.50	SCM	ESTIRAMENTS						
18.00 - 18.50	SCI	VIRTUAL CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING		
18.10 - 18.45	SFU		HBX KIDS 8 A 14		HBX KIDS 8 A 14			
18.10 - 19.00	SCM		PILATES		PILATES			
19.00 - 19.50	SAD	GAC	ZUMBA	BODYCOMBAT	BODYPUMP	ESTIRAMENTS		
19.00 - 19.50	SCI	CYCLING	CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING		
19.00 - 19.40	SFU		HBX FUSION		HBX BOXING			
19.10 - 20.00	SCM	PILATES		PILATES				
20.00 - 20.50	SAD	BODYPUMP	BODYCOMBAT	ZUMBA	BODYATTACK			
20.00 - 20.50	SCI	CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING			
20.00 - 20.40	SFU	HBX BOXING		HBX FUSION				
20.10 - 21.00	SCM		IOGA		IOGA			
20.10 - 21.00	SCM	PILATES		PILATES				
21.00 - 21.50	SAD	CORE	BODYPUMP	COUNTRY				
21.00 - 21.50	SCI		VIRTUAL CYCLING		CYCLING			
21.00 - 21.40	SFU			HBX FUSION / BOXING				
21.10 - 22.00	SCM	PILATES	COUNTRY	PILATES				

Activitats dirigides terrestres

Horari	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
09.30 - 10.20	SAD	BODYATTACK		BODYPUMP		GAC		
09.30 - 10.20	SCI	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
10.30 - 11.20	SAD	GAC / CORE	ZUMBA		BODYATTACK			
10.30 - 11.20	SCI	VIRTUAL CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	
13.30 - 14.20	SCI	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
15.00 - 15.50	SAD		ZUMBA		BODYPUMP			
15.00 - 15.50	SCI	CYCLING		CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING	
17.00 - 17.50	SAD	BODYPUMP		GAC / CORE		GAC		
17.00 - 17.50	SCI		VIRTUAL CYCLING			VIRTUAL CYCLING	VIRTUAL CYCLING	
18.00 - 18.50	SAD		BODYATTACK		BODYCOMBAT	ZUMBA		
18.00 - 18.30	SCI	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	
19.00 - 19.50	SAD			GAC		ESTIRAMENTS		
19.00 - 19.50	SCI	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING	CYCLING			
20.00 - 20.50	SAD	ZUMBA	BODYCOMBAT	BODYPUMP	GAC / CORE			
20.00 - 20.50	SCI					VIRTUAL CYCLING		

Activitats dirigides d'aigua. De l'1 al 13 d'agost (PISCINA COMPETICIÓ TANCADA)

Horari	Piscina	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
09.15 - 10.00	P.Social	AQUAGIM		AQUADOLÇ		AQUAGIM		
10.45 - 11.30	P.Social		AQUAGIM		AQUADOLÇ			
15.15 - 16.00	P.Social	AQUAGIM		AQUAGIM		AQUAGIM		
19.30 - 20.15	P.Social	AQUAGIM	AQUAGIM		AQUAGIM			

Activitats dirigides d'aigua. Del 16 al 31 d'agost (PISCINA SOCIAL TANCADA)

Horari	Piscina	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
09.15 - 10.00	P.Gran	AQUATRaining		AQUATRaining		AQUATRaining		
10.45 - 11.30	P.Gran		AQUATRaining		AQUATRaining			
15.15 - 16.00	P.Gran	AQUATRaining		AQUATRaining		AQUATRaining		
19.30 - 20.15	P.Gran		AQUATRaining		AQUATRaining			

- SAD SALA D'ACTIVITATS DIRIGIDES
- SCI SALA CICLE INDOOR

- SFU SALA FUNCIONAL
- SCM SALA COS I MENT

- SMP SALA MULTIESPORT

★ Activitats dirigides a partir de 12 anys

Activitats dirigides d'aigua

Horari	Piscina	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07.00 - 07.45	P.Gran	AQUATRaining		AQUATRaining				
07.00 - 07.45	P.Social		AQUAGIM		AQUAGIM			
08.30 - 09.15	P.Gran		AQUATRaining					
08.30 - 09.15	P.Social			AQUAGIM	AQUADOLÇ	AQUAGIM		
09.15 - 10.00	P.Social	AQUAGIM		AQUAGIM			AQUAGIM	
10.00 - 10.45	P.Social	AQUADOLÇ		AQUAGIM		AQUAGIM		
10.45 - 11.30	P.Social		AQUAGIM		AQUADOLÇ			
09.50 - 10.20	P.Petita						NADONS FAMILIA	
10.25 - 10.55	P.Petita						NADONS FAMILIA	
11.00 - 11.30	P.Petita						NADONS FAMILIA	NADONS FAMILIA
11.35 - 12.05	P.Petita						NADONS FAMILIA	NADONS FAMILIA
12.10 - 12.40	P.Petita						NADONS FAMILIA	NADONS FAMILIA
12.30 - 13.15	P.Social		NAT. TERAPEUTICA		NAT. TERAPEUTICA			
15.15 - 16.00	P.Gran			AQUATRaining				
15.15 - 16.00	P.Social	AQUAGIM	AQUAGIM		AQUAGIM	AQUAGIM		
18.30 - 19.30	P.Social		EMBARASSADES		EMBARASSADES			
19.30 - 20.15	P.Social	AQUAGIM	AQUAGIM	AQUAGIM	AQUAGIM			
19.30 - 20.00	P.Social					AQUAHIT		

