

GRAELLA D'ACTIVITATS DIRIGIDES

OCTUBRE 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	C-MARE PREPART		C-MARE PREPART				
11.20 - 12.05	SCM	C-MARE POSTPART		C-MARE POSTPART				
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 ★	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	ZUMBA KIDS 8 a 14 anys ★		ACROSPORT KIDS ★				
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	HIPOPRESSIUS			
20.00 - 20.50	SAD	BODYPUMP	BODYCOMBAT	ZUMBA	BODYATTACK ★	SALSA / CHACHACHA		
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	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 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		AQUATRaining		
07.00 - 07.45	P.Social		AQUAGIM		AQUAGIM			
08.30 - 09.15	P.Social	AQUADOLÇ	AQUAGIM	AQUADOLÇ	AQUAGIM	AQUAGIM		
09.15 - 10.00	P.Social	AQUAGIM	AQUADOLÇ	AQUAGIM	AQUADOLÇ	AQUAGIM	AQUAGIM ★	
10.00 - 10.45	P.Social	AQUAGIM				AQUAGIM		
10.00 - 10.45	P.Gran			AQUATRaining				
10.45 - 11.30	P.Social	AQUAGIM			AQUAGIM	AQUADOLÇ		
10.45 - 11.30	P.Gran		AQUATRaining					
09.00 - 09.45	P.Social						2-3 anys + FAMILIA	
09.30 - 10.15	P.Social							2-3 anys + FAMILIA
09.50 - 10.20	P. Petita						NADONS FAMILIA	
10.25 - 10.55	P. Petita						NADONS FAMILIA	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	
12.15 - 13.00	P.Social						2-3 anys + 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		
16.00 - 16.45	P.Social			AQUAGIM ★				
18.30 - 19.15	P.Social	2-3 anys + FAMILIA		2-3 anys + FAMILIA	2-3 anys + FAMILIA			
18.30 - 19.30	P.Social		EMBARASSADES		EMBARASSADES			
19.30 - 20.15	P.Social	AQUAGIM ★	AQUATABATA ★	AQUAGIM ★	AQUAGIM ★			
19.30 - 20.00	P.Social					AQUAHIIT ★		