

# GRAELLA D'ACTIVITATS DIRIGIDES

## OCTUBRE 2024



### ACTIVITATS DIRIGIDES TERRESTRES

Horari	Sala	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte	Diumenge
07.00 - 07.50	SAD		BODYPUMP	BODYCOMBAT VIRTUAL	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 - 10.20	SCM	PILATES	IOGA	PILATES	IOGA			
10.30 - 11.20	SAD	MOVE IT	BODYPUMP	BALANCE	CORE	GAC	BODYPUMP	BODYPUMP VIRTUAL
10.30 - 11.10	SFU	HBX FUSION / BOXING		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	SAD	BODYPUMP VIRTUAL	BODYATTACK VIRTUAL	ESTIRAMENTS	BODYCOMBAT VIRTUAL	ZUMBA ★	CORE	BODYCOMBAT VIRTUAL ★
12.30 - 13.20	SCI	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★
14.20 - 15.10	SAD	MOVE IT ★	CORE ★	GAC	BODYPUMP	BALANCE		
15.20 - 16.10	SCI	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★	CYCLING ★		
15.20 - 16.10	SCM		PILATES		PILATES			
15.20 - 16.10	SAD	CORE ★	BODYPUMP	ZUMBA ★	BODYCOMBAT ★	ESTIRAMENTS		
17.00 - 17.50	SAD	BODYPUMP	ESTIRAMENTS ★	CORE	ZUMBA ★	GAC ★		
17.00 - 17.50	SCI						VIRTUAL CYCLING ★	
17.20 - 18.00	SMP	ZUMBA-KIDS 8 a 14 anys		ACROSPORT KIDS ★				
17.10 - 18.10	SCM		IOGA		IOGA			
17.20 - 18.10	SFU		HBX KIDS 8 A 14 ★		HBX KIDS 8 A 14 ★			
18.00 - 18.50	SAD	BODYATTACK ★	GAC	ZUMBA	BODYCOMBAT	BODYPUMP	BODYCOMBAT VIRTUAL ★	
18.00 - 18.50	SCM	ESTIRAMENTS						
18.00 - 18.50	SCI	VIRTUAL CYCLING ★	CYCLING ★	CYCLING ★	VIRTUAL CYCLING ★	VIRTUAL CYCLING ★		
18.10 - 18.50	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 ★	BODYPUMP VIRTUAL	
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	CORE	BODYCOMBAT VIRTUAL ★		
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
7.00 - 7.45	P.Gran	AQUATRaining		AQUATRaining		AQUATRaining		
7.00 - 7.45	P.Social		AQUAGIM		AQUAGIM			
8.30 - 9.15	P.Social	AQUADOLÇ	AQUAGIM	AQUADOLÇ	AQUAGIM	AQUAGIM		
9.00 - 9.45	P.Social						AQUAGIM ★	
9.15 - 10.00	P.Social	AQUAGIM	AQUADOLÇ	AQUAGIM	AQUADOLÇ	AQUAGIM		
10.00 - 10.45	P.Social	AQUAGIM		AQUAGIM		AQUAGIM		
10.45 - 11.30	P.Social	AQUAGIM			AQUAGIM			
10.45 - 11.30	P.Gran		AQUATRaining					
12.30 - 13.15	P.Social		NAT. TERAPÉUTICA		NAT. TERAPÉUTICA			
15.15 - 16.00	P.Social			AQUATRaining				
15.15 - 16.00	P.Social	AQUAGIM	AQUAGIM		AQUAGIM	AQUAGIM		
16.00 - 16.45	P.Social			AQUAGIM ★				
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 ★		