2018 PROGRAMA ACTIVITATS DIRIGIDES

ESPORTIU VINTRÓ — asme — CENTRE MUNICIPAL

		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
DILLUNS	SALA FITNESS			QUEENAX B		CORE			QUEENAX F	ESQUENA						QUEENAX B	CORE		QUEENAX F							QUEENAX B		CORE			
	PISCINA			AQUAGIM		TERAPEUTICA		AQUAGIM			AQUAESQUENA							AQUATONO									AQUAGIM		AQUAZUMB		
	SALA 1		TBC		ZUMBA		TONO		IOGA		EN FORMA SUAU											ZUMBA		TBC			ZUMBA				
	SALA 2						BALANCE																	PILATES		BODY PUMP		PILATES			
	SALA ESPAIVIU																									BARRE FIT					
	REFIT STUDIO						REFIT										REFIT							REFIT		REFIT		REFIT			
	CYCLO STUDIO		CYCLO VIRTUAL				CYCLO VIRTUAL		CYCLO VIRTUAL			CYCLO VIRTUAL			CYCLO VIRTUAL						CYCLO VIRTUAL				CYCLOJOVES		CYCLO		CYCLO		
DIMARTS	SALA FITNESS				CORE		QUEENAX B		EASY C								CORE	QUEENAX F							QUEENAX B		CORE		QUEENAX F		
	PISCINA			AQUATONO		AQUAGIM		AQUATONO		AQUAGIM																	AQUATONO				
	SALA 1				BALANCE				PILATES						ZUMBA							GAC		STEP		ZUMBA		DANCE		BODY PUMP	
	SALA 2						BODY PUMP												IOGA					BALANCE		BODY PUMP		BODY COMBAT		IOGA DINAMIC	
	SALA ESPAIVIU																										RUNNING				
	REFIT STUDIO															REFIT										REFIT		REFIT			
	CYCLO STUDIO		CYCLO		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO			CYCLO VIRTUAL			CYCLO VIRTUAL		CYCLO	CYCLO VIRTUAL			CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO		CYCLO		
DIMECRES	SALA FITNESS			CORE		QUEENAX F		QUEENAX B		ESQUENA						QUEENAX F	CORE		QUEENAX B					CORE		QUEENAX F		QUEENAX B			
	PISCINA			AQUAGIM		AQUATONO				AQUATONO	AQUA ESQUENA							AQUA TABATA										AQUAZUMB			
	SALA 1		BODY PUMP				ZUMBA		IOGA		EN FORMA SUAU				GAC							STEP		PILATES		ZUMBA		PILATES			
	SALA 2						BALANCE																	BODY PUMP		TONO				URBAN DANCE	
	SALA ESPAIVIU																RUNNING							FIT JOVES				BALLET FIT			
	REFIT STUDIO				REFIT				REFIT								REFIT							REFIT		REFIT		REFIT		REFIT	
	CYCLO STUDIO		CYCLO VIRTUAL				CYCLO VIRTUAL		CYCLO VIRTUAL			CYCLO VIRTUAL			CYCLO VIRTUAL		CYCLO	CYCLO VIRTUAL		CYCLO VIRTUAL					CYCLO		CYCLO				
DIJOUS	SALA FITNESS				QUEENAX F		CORE		QUEENAX B							CORE	QUEENAX B							QUEENAX F		QUEENAX B		CORE			
	PISCINA			TERAPEUTICA		AQUA PILATES		AQUATONO		AQUAGIM																	AQUAGIM		AQUATABATA		
	SALA 1				BALANCE				BODY PUMP		PILATES				BODY PUMP							TBC		DANCE		GAC		STEP			
	SALA 2																		IOGA					IOGA		ZUMBA		BODY COMBAT		IOGA DINAMIC	
	SALA ESPAIVIU																									BARRE FIT					
	REFIT STUDIO						REFIT									REFIT										REFIT		REFIT			
	CYCLO STUDIO		CYCLO		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO			CYCLO VIRTUAL			CYCLO VIRTUAL		CYCLO	CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO VIRTUAL		CYCLO		CYCLO		
DIVENDRES	SALA FITNESS			QUEENAX F				EASY C		ESQUENA						CORE	QUEENAX F									CORE		QUEENAX F			
	PISCINA					AQUATONO				AQUAZUMB	AQUA ESQUENA																				
	SALA 1						TBC				BALLS EN LINEA													TBC		BALANCE		ZUMBA			
	SALA 2			PILATES					IOGA MEDITACIO															CIRCUIT JOVES							
	REFIT STUDIO																	REFIT								REFIT					
	CYCLO STUDIO		CYCLO VIRTUAL				CYCLO VIRTUAL		CYCLO VIRTUAL			CYCLO VIRTUAL				CYCLO VIRTUAL					CYCLO VIRTUAL						CYCLO VIRTUAL		CYCLO			
DISSABTE	SALA FITNESS						CORE		QUEENAX F		QUEENAX B														QUEENAX F		CORE				
	SALA 1										BODY PUMP	ZUMBA																			
	REFIT STUDIO						REFIT																								
	CYCLO STUDIO								CYCLO			CYCLO VIRTUAL							CYCLO VIRTUAL				CYCLO VIRTUAL		CYCLO VIRTUAL						
DIUMENGE	SALA FITNESS						QUEENAX B		CORE			QUEENAX F																			
	PISCINA									AQUA FAMILY		FITNESS FAMILY																			
	CYCLO STUDIO					CYCLO VIRTUAL		CYCLO VIRTUAL				CYCLO VIRTUAL			CYCLO VIRTUAL																