



# 2019

## PROGRAMA ACTIVITATS DIRIGIDES

	07:00	07:30	08:00	08:30	09:00	09:30	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			
<b>DILLUNS</b>	SALA FITNESS		ONX B	CORE	A.TERAPEU	TONO	A.GIM	ONX F	ESQUENA					ONX F	ONX B	CORE									CORE	ONX B	ONX F						
PISCINA		A.GIM									ESQUENA						A.TONO									A.GIM	A.ZUMBA						
SALA 1		TBC		ZUMBA																				TBC		ZUMBA							
SALA 2							BALANCE																	PILATES		BODY PUMP		PILATES					
SALA ESPAIVIU																										BARRE FIT							
REFIT STUDIO								REFIT								REFIT									REFIT		REFIT		REFIT				
CYCLO STUDIO		CYCLO VI						CYCLO VI		CYCLO VI		CYCLO VI			CYCLO VI						CYCLO VI			CYCLO JOVES		CYCLO		CYCLO		CYCLO			
<b>DIMARTS</b>	SALA FITNESS			CORE	ONX B			EASY C							ONX F	ONX B								ONX B	CORE		ONX F						
PISCINA		AQUATONO			AQUAGIM		AQUATONO		AQUAGIM																	A.TONO							
SALA 1				BALANCE											ZUMBA								GAC		STEP	ZUMBA		DANCE		BODY PUMP			
SALA 2						BODY PUMP																		BALANCE		BODY PUMP		BODY COM.		IOGA DINAMIC			
SALA ESPAIVIU																																	
REFIT STUDIO															REFIT													REFIT		REFIT			
CYCLO STUDIO		CYCLO		CYCLO VI		CYCLO VI		CYCLO				CYCLO VI		CYCLO VI		CYCLO		CYCLO VI		CYCLO VI		CYCLO VI		CYCLO VI				CYCLO		CYCLO			
<b>DIMECRES</b>	SALA FITNESS		CORE	ONX F			ONX B		ESQUENA						ONX F	CORE								ONX F	CORE	ONX B	ONX F						
PISCINA		A.GIM			A.TONO				A.TONO	ESQUENA																ONX B	A.ZUMBA						
SALA 1		BODY PUMP				ZUMBA		IOGA	EN FORMA						GAC												ZUMBA		PILATES				
SALA 2						BALANCE																						GAC		URBAN DANCE			
SALA ESPAIVIU																RUNNING													BALLET FIT				
REFIT STUDIO								REFIT								REFIT									REFIT		REFIT		REFIT		REFIT		
CYCLO STUDIO		CYCLO VI				CYCLO VI		CYCLO VI		CYCLO VI		CYCLO VI		CYCLO VI		CYCLO		CYCLO VI		CYCLO VI		CYCLO VI						CYCLO		CYCLO		CYCLO	
<b>DIJOUS</b>	SALA FITNESS			ONX F	CORE			EASY C							CORE	ONX B								ONX F		ONX B		CORE					
PISCINA			A.TERAPEU		A.PILATES		A.TONO		AQUAGIM																		AQUAGIM		A.TABATA				
SALA 1					BALANCE		BODY PUMP								BODY PUMP														BODY PUMP		STEP		
SALA 2																														BODY COM.		IOGA DINAMIC	
SALA ESPAIVIU																																	
REFIT STUDIO																REFIT													REFIT		REFIT		
CYCLO STUDIO		CYCLO		CYCLO VI		CYCLO VI		CYCLO		CYCLO VI		CYCLO VI		CYCLO VI		CYCLO		CYCLO VI		CYCLO VI		CYCLO VI		CYCLO VI					CYCLO		CYCLO		
<b>DIVENDRES</b>	SALA FITNESS		ONX F		ONX B	CORE		ESQUENA							CORE	ONX F								ONX F	ONX B	CORE	ONX F	CORE					
PISCINA				AQUATONO				A.ZUMBA	AESQUENA																								
SALA 1						TBC			BALLS EN LINEA																								
SALA 2			PILATES					IOGA MEDITACIO																						ZUMBA			
SALA ESPAIVIU																																	
REFIT STUDIO																REFIT																	
CYCLO STUDIO		CYCLO VI				CYCLO VI		CYCLO VI		CYCLO VI		CYCLO VI		CYCLO VI		CYCLO VI														CYCLO VI		CYCLO	
<b>DISSABTE</b>	SALA FITNESS				CORE		ONX F		ONX B																ONX F								
SALA 1									BODY PUMP	ZUMBA																							
REFIT STUDIO								REFIT																									
CYCLO STUDIO							ONX B		CYCLO		CYCLO VI																						
<b>DIUMENGE</b>	SALA FITNESS				ONX B	CORE																											
PISCINA								A.FAMILY																									
CYCLO STUDIO							CYCLO VI		CYCLO VI		ONX F																						



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