



# 2019

## PROGRAMA ACTIVITATS DIRIGIDES

	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
<b>DILLUNS</b>	SALA FITNESS		SENIOR FIT		CORE		F. TRAIN	AQUAGIM	CORE		F. TRAIN				F. TRAIN					CORE	AQUAGIM				F. TRAIN	CORE			CORE	F. TRAIN
PISCINA																														
SALA 1						ZUMBA	TONIFICACIO	IOGA	DANCE SUJAU							TONIFICACIO	DANCE			AQUAGIM	PILATES	STEP			BODY PUMP	BODY COMBAT	ZUMBA			
SALA 2																														
CYCLO STUDIO		CYCLO Virt	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO Virt	
<b>DIMARTS</b>	SALA FITNESS				CORE		CORE			F. TRAIN	CORE												F. TRAIN	CORE					F. TRAIN	
PISCINA																														
SALA 1		TONIFICACIO																												
SALA 2																														
OUTDOOR																														
CYCLO STUDIO		CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO Virt	CYCLO
<b>DIMECRES</b>	SALA FITNESS	SENIOR FIT								F. TRAIN	CORE																			F. TRAIN
PISCINA																														
SALA 1																														
SALA 2																														
CYCLO STUDIO		CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO Virt
<b>DIJOUS</b>	SALA FITNESS																													
PISCINA																														
SALA 1																														
SALA 2																														
CYCLO STUDIO		CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO Virt	CYCLO
<b>DIVENDRES</b>	SALA FITNESS		SENIOR FIT																											
PISCINA																														
SALA 1																														
SALA 2																														
CYCLO STUDIO		CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO	CYCLO Virt	CYCLO
<b>DISSABTE</b>	SALA FITNESS																													
PISCINA																														
SALA 1																														
SALA 2																														
CYCLO STUDIO		CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO	CYCLO	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt	CYCLO Virt
<b>DIUMENGE</b>	SALA FITNESS																													
PISCINA																														
SALA 1																														
SALA 2																														
CYCLO STUDIO																														



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