

ACTIVITATS DIRIGIDES SETEMBRE 2020

	Dilluns	Dimarts	Dimecres	Dijous	Divendres	Dissabte
MATI	8.15h – 9.00h FULL BODY WORKOUT	8.15h – 9.00h TBC	8.15h – 9.00h FITBALL + CAMES	8.15h – 9.00h STEP	8.15h – 9.00h GAC	
	9.15h – 10.00h GAC	9.15h – 10.00h STEP	9.00h – 9.45h PILATES	9.15h – 10.00h POWER DUMBLE	9.15h – 10.00h ZUMBA	
			9.15h – 10.00h TBC			
	10.00h – 10.45h IOGALATES	10.15h – 11.00h GIMNÀSTICA DE MANTENIMENT GAP	10.00h – 10.45h PILATES	10.15h – 11.00h GM TONIFICACIÓ TREN SUPERIOR	10.00h – 10.45h FULL BODY WORKOUT	10.15h – 11.00h MANTENIMENT INTENS
					10.15h – 11.00h IOGA	
MIGDIA	12.15h -12.45h ABDOMINALS	12.15h -12.45h FULL BODY WORKOUT	12.15h -12.45h ABDOMINALS	12.15h -12.45h FULL BODY WORKOUT	12.15h -12.45h ABDOMINALS	
		13.30h – 14.15h SPARTAN		13.30h – 14.15h SPARTAN		
TARDA	18.30h – 19.15h TBC - GAC	18.30h – 19.15h TOTAL TONO	18.30h – 19.15h ZUMBA	18.30h – 19.15h POWER DUMBELL	18.30h – 19.15h TOTAL TONO	
		19.15h – 19.45h FULL BODY WORKOUT		19.15h – 19.45h FULL BODY WORKOUT		
	19.30h – 20.15h CIRCUIT TRAINING TREN SUPERIOR	19.30h – 20.15h STEP	19.30h – 20.15h GAC	19.30h – 20.15h ZUMBA	19.30h – 20.15h GAC	
	19.15h – 20.00h ABDOMINALS		19.15h – 20.00h ABDOMINALS			
	20.00h – 21.00h IOGALATES		20.00h – 21.30h IOGA	20.00h – 21.00h PILATES		
	20.30h – 21.15h TONO STEP	20.30h – 21.15h MANTENIMENT INTENS	20.30h – 21.15h CIRCUIT TRAINING	20.30h – 21.15h MANTENIMENT INTENS	20.30h – 21.15h ABS + STRECHING	
	Sala Vestíbul cota 4	SALA 3 1ª planta	Pista 2 POM			
AFORAMENT MÀXIM PER SALA	15	12	15			

ACTIVITATS DIRIGIDES SETEMBRE 2020

	Dilluns	Aforament	Dimarts	Aforament	Dimecres	Aforament	Dijous	Aforament	Divendres	Aforament
MATI	8.15h – 9.00h FULL BODY WORKOUT	□□□□	8.15h – 9.00h TBC	□□□□	8.15h – 9.00h FITBALL + CAMES	□□□□	8.15h – 9.00h STEP	□□□□	8.15h – 9.00h GAC	□□□□
	9.15h – 10.00h GAC	□□□□	9.15h – 10.00h STEP	□□□□	9.00h – 9.45h PILATES	□□□□	9.15h – 10.00h POWER DUMBLE	□□□□	9.15h – 10.00h ZUMBA	□□□□
					9.15h – 10.00h TBC	□□□□				
	10.00h – 10.45h IOGALATES	□□□□	10.15h – 11.00h GIMNÀSTICA DE MANTENIMENT GAP	□□□□	10.00h – 10.45h PILATES	□□□□	10.15h – 11.00h GM TONIFICACIÓ TREN SUPERIOR	□□□□	10.00h – 10.45h FULL BODY WORKOUT	□□□□
									10.15h – 11.00h IOGA	□□□□
MIGDIA	12.15h -12.45h ABDOMINALS	□□□□	12.15h -12.45h FULL BODY WORKOUT	□□□□	12.15h -12.45h ABDOMINALS	□□□□	12.15h -12.45h FULL BODY WORKOUT	□□□□	12.15h -12.45h ABDOMINALS	□□□□
			13.30h – 14.15h SPARTAN	□□□□			13.30h – 14.15h SPARTAN	□□□□		
TARDA	18.30h – 19.15h TBC - GAC	□□□□	18.30h – 19.15h TOTAL TONO	□□□□	18.30h – 19.15h ZUMBA	□□□□	18.30h – 19.15h POWER DUMBELL	□□□□	18.30h – 19.15h TOTAL TONO	□□□□
			19.15h – 19.45h FULL BODY WORKOUT	□□□□			19.15h – 19.45h FULL BODY WORKOUT	□□□□		
	19.30h – 20.15h CIRCUIT TRAINING TREN SUPERIOR	□□□□	19.30h – 20.15h STEP	□□□□	19.30h – 20.15h GAC	□□□□	19.30h – 20.15h ZUMBA	□□□□	19.30h – 20.15h GAC	□□□□
	19.15h – 20.00h ABDOMINALS	□□□□			19.15h – 20.00h ABDOMINALS	□□□□				
	20.00h – 21.00h IOGALATES	□□□□			20.00h – 21.30h IOGA	□□□□	20.00h – 21.00h PILATES	□□□□		
	20.30h – 21.15h TONO STEP	□□□□	20.30h – 21.15h MANTENIMENT INTENS	□□□□	20.30h – 21.15h CIRCUIT TRAINING	□□□□	20.30h – 21.15h MANTENIMENT INTENS	□□□□	20.30h – 21.15h ABS + STRECHING	□□□□
			Sala Vestíbul cota 4			SALA 3 1ª planta			Pista 2 POM	

Dissabte			
	Aforament Sales		
	Sala Vestíbul cota 4	SALA 3 1ª planta	Pista 2 POM
	15	12	15
10.15h – 11.00h MANTENIMENT INTENS			