

# ACTIVITATS DIRIGIDES I SALA FITNESS 2024/2025



	DILLUNS					DIMARTS					DIMECRES					DIJOUS				DIVENDRES			
	PISCINA	SALA 1	SALA 2	SALA CYCLING	SALA FITNESS	PISCINA	SALA 1	SALA 2	SALA CYCLING	SALA FITNESS	PISCINA	SALA 1	SALA 2	SALA CYCLING	SALA FITNESS	PISCINA	SALA 2	SALA CYCLING	SALA FITNESS	PISCINA	SALA 2	SALA CYCLING	SALA FITNESS
07:00h				CYCLING LLIURE 7:00-9:00h																			
09:15h						AIGUAGYM 9:15-10:00h									AIGUAGYM 9:15-10:00h					AIGUAGYM 9:15-10:00h			
9:30h			PILATES 9:30-10:15h										PILATES 9:30-10:15h				IOGA 9:30-10:15h						
10:00h						AIGUAGYM 10:00-10:45h									AIGUAGYM 10:00-10:45h							AIGUAGYM 10:00-10:45h	
10:30h			TONO 10:30-11:15h												AIGUAGYM 10:25-11:10h								
11:00h																						ASSESSORAMENT 11:00-12:00h	
15:30h													GAC 15:30-16:15h										
17:00h																							ASSESSORAMENT 17:00-18:00h
17:30h																	GAC 17:30-18:15h						
17:45h								PILATES 17:45-18:30h															
18:00h		IOGA 18:00-18:45h	PILATES 18:00-18:45h											PILATES 18:00-18:45h								TONO 18:00-18:45h	
18:30h								CYCLING 18:30-19:15h										ZUMBA 18:30-19:15h	CYCLING 18:30-19:15h				CYCLING LLIURE 19:15-20:15h
18:45h					ASSESSORAMENT 17:00-20:00h					ASSESSORAMENT 17:00-20:00h													
19:00h		ABD+ESTIRAMENTS 19:00h-19:40h	ZUMBA 19:00-19:45h					IOGA 19:00-19:45h															
19:15h	AIGUAGYM 19:15-20:00h					AIGUAGYM 19:15-20:00h									AIGUAGYM 19:15-20:00h								
19:30h							TONO 19:30h-20:15h																
19:30h																		PILATES 19:30-20:15h	CYCLING 19:30-20:15h				
19:45h																							
20:00h			TONO 20:00h-20:45h					HIPOPRES 20:00-20:45h															

ASSESSORAMENT Assessorament tècnic a la sala fitness

CYCLING LLIURE Sala de cycling oberta per als socis/sòcies